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'Unfriend' named top word of '09

DICTIONARY What word sums up 2009? How about unfriend?

That's the New Oxford American Dictionary's 2009 Word of the Year. It means to remove someone as a friend on a social networking website such as Facebook.

Each year Oxford University Press tracks how the English language is changing and chooses a word that best reflects the mood of the year.

Finalists for 2009 also included netbook, which is a small laptop, and sexting, which is sending sexually explicit texts and pictures by cellphone.

THE ASSOCIATED PRESS

News on the Move

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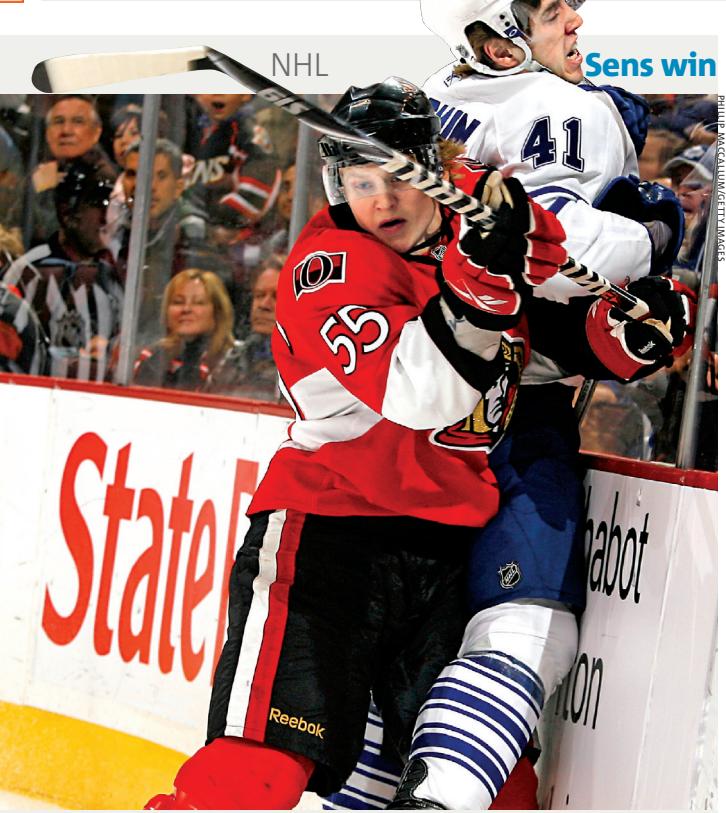


Travel pg 22



Waikiki's renaissance

On the web Visit metronews.ca for news updates



Senators' Brian Lee runs Maple Leafs forward Nikolai Kulemin face first into the end boards during a game last night at Scotiabank Place. Ottawa beat Toronto 3-2. Story, page 16.

Few side-effects from flu shot: Top doc

Flu Outbreak

H1N1 The country's chief public health officer says few Canadians have suffered serious side-effects from the swine flu shot.

Dr. David Butler-Jones

says that of the 6.5 million people who have received the H1N1 vaccine, only 36 have had serious adverse reactions.

"With any vaccination campaign, we expect to see some cases of serious adverse events," he said. "They are very rare, but

they are part of all mass-vaccination campaigns and we expect to see a small number of them."

More serious reactions can include life-threatening illnesses, hospitalizations, disabilities or deaths.

THE CANADIAN PRESS

Council reverses transit call

Next stop system on the way

TIM WIECLAWSKI
tim.wieclawski@metronews.ca



It's not how anyone would have wanted it, but OC Transpo's automated next stop announcement system is getting back on the bus.

Yesterday, city council reversed an Oct. 28 decision to cancel the \$12.1 million next stop announcement system from Clever Devices after new information revealed that decision would end up costing \$25 million when it came time to install Smartcard features.

"We could not proceed with the Smartcard system without upgrading the current platform," said transit services general manager Alain Mercier.

In a Nov. 4 memo to council, Mercier wrote those upgrades would cost \$7.3 million, plus \$5.8 million for the Smartcard hardware, while the Clever Devices system already comes with those features.

This new information brought strong rebuke from city council led by Mayor Larry O'Brien, who said the

decision may have been correct, but the logic behind it was poorly conveyed.

"The communication from your department, Mr. Mercier, to us, was abysmal and you need to hear that," said O'Brien.

"This is new information that just filters in, and it almost feels like I'm being blackmailed into supporting something I don't want to support," said Innes Ward Coun. Rainer Bloess.

OC Transpo initially hoped to purchase a stop announcement system for around \$7 million, but the staff-recommended bid from transit technology company Clever Devices came in at \$17 million.

Council voted to cancel the bid after receiving a letter from Bell implying they could face a legal challenge if it purchased any of the additional features.

In a Nov. 4 memo to council, Mercier wrote it would take two years for a new process to have the system on buses in Ottawa, whereas the recommended system could start rolling out in four months.

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2006 Ford F150 • 4WD • Auto • Lthr • Load • 54,428 km • St: E1195 \$25,840 \$243** BI-WEEKLY	2005 Honda Accord LX-G • Load • A/C • Auto • Cruise • 90,925 km • St: E1108 \$13,900 \$151* BI-WEEKLY	2008 Toyota Yaris • Auto • A/C • CD • 77,277 km • St: E1257 \$12,780 \$108** BI-WEEKLY	2008 Hyundai Santa Fe AWD • Load • A/C • Auto • Mags • 61,116 km • St: E1253US \$20,840 \$175*** BI-WEEKLY	2005 Mazda 6 V6 • Load • Auto • A/C • Cruise • 98,165 km • St: E1218 \$11,970 \$130*** BI-WEEKLY
2008 Mazda CX7 GT • AWD • Load • Auto • Lthr • 40,368 km • St: E1282US \$24,470 \$206*** BI-WEEKLY	2005 Mazda 3 GX • Mnl • A/C • Pwr Lock • 51,971 km • St: E1111 \$10,850 \$118* BI-WEEKLY	2005 Mazda 3 GT • Mnl • A/C • Auto • CD • 77,431 km • St: E1182 \$12,480 \$136* BI-WEEKLY	2006 Mazda 3 Sport GS • Load • Auto • Lthr • 99,078 km • St: E1210 \$12,970 \$122** BI-WEEKLY	2006 Mazda 5 • Load • A/C • Auto • Cruise • 69,597 km • St: E1242 \$13,985 \$132** BI-WEEKLY
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Local



Early bird deadline for dream lottery

The early bird deadline to buy tickets for the Children's Hospital of Eastern Ontario Dream of a Lifetime Lottery is this Friday. Early bird prizes include an \$80,000 package with a 2010 GMC Terrain, \$25,000 in cash, Ottawa Senators season tickets for two, a Panasonic home theatre system, a \$5,000 gift card from Jubilee Fine Jewellers and a Jamaican vacation. Tickets are \$100 each or three for \$250 and can be purchased at www.dreamofalifetime.ca or at any Scotiabank, RBC Royal Bank, TD Canada Trust, CIBC and Bank of Montreal.

METRO OTTAWA



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News in brief

ACCIDENT A 26-year-old male construction worker is in hospital after falling seven metres from a scaffold at a construction site in Barrhaven yesterday afternoon. Paramedics responded to a new residential construction site on Temiskaming Street near Woodroffe Avenue around 3:49 p.m. The worker was conscious when paramedics arrived. He was treated for injuries to his arm, hip and knee. **METRO OTTAWA**

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What's online today.

Watch the MetroTube of the Day.

Blogs SpinDoctor breaks down why Toronto's upcoming mayoral race may rival federal campaigns for scrappiness

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United Way hopes for gold rush

Recycling firm offers charity portion of precious metal sales

TRACEY TONG
tracey.tong@metronews.ca

Campaign goal

- Last night, the campaign was at \$23,236,000, or 73.3 per cent of the \$31.7 million goal.

needed, last-minute energy," said Jamie McCracken, 2009 United Way Ottawa campaign chair. "We are tracking slightly behind where we want to be. When we get down to crunch time like this, it is critical that our community realizes just how much every donor and every dollar is needed."

During a gold drive yesterday, the company bought 600 grams of gold and 837 grams of silver, paying out \$7,296 to customers and \$1,122 to the United Way.

Some of the things that come in include necklaces, old rings "and lots of mismatched earrings," said Recycle Frog vice-president David Martinek.

"It raises a lot of money for the United Way really quickly," MacQuarrie said. An average transaction results in \$40 for the campaign, he said.

The gold gets sent to a refinery, turned into gold bullion and is returned to the gold commodity market.



Recycle Frog president Matthew MacQuarrie weighs gold at a gold drive to benefit United Way Ottawa yesterday. Through December, a portion of all the used gold sold to Recycle Frog benefits the annual community campaign.

Breathing disorder little known

HEALTH Every fall, when the barometer drops, Mary Middlemiss has trouble breathing.

After experiencing shortness of breath and recurring lung infections about 15 years ago, the Ottawa resident was diagnosed with chronic obstructive pulmonary disease (COPD).

Middlemiss is one of about 1.5 million Canadians who suffer from COPD, which, despite being the fourth biggest killer of Canadians, isn't as well known as it should be.

And today, COPD World Day, Middlemiss wants to raise awareness of the disease.

"Not many people know someone that has COPD because it's under the radar," said Dr. Rick Hodder, a respirologist with the Ottawa Hospital at the University of Ottawa. "But ... by teaching people to deal with the disease, they can improve their quality of life."

TRACEY TONG/METRO OTTAWA

OC Transpo site adds mobile alerts

ONLINE Navigating Ottawa's bus system is easier, thanks to an update to the OC Transpo website.

New features at Octranspo.com include mobile alerts, a Google map lookup of bus stops and departure times and daily service updates of route detours and community event listings.

TRACEY TONG/METRO OTTAWA

Lansdowne resistance could grow: Opposition

The Lansdowne Partnership passed a crucial test on Monday when city council approved the redevelopment plan by a vote of 15-9, but opponents are warning final approval could face strong resistance in June.

Mayor Larry O'Brien said he's confident that the Ot-

tawa Sports and Entertainment Group and the design team will come up with something architecturally stunning for the park.

"I think it's important for all of Ottawa for this to be something that has the 'oh wow' factor," O'Brien said.

Orleans Coun. Bob Monette was not concerned that final approval of the

plan would come shortly before the start of a municipal election campaign.

"If they want to make this a campaign issue I'll gladly campaign on Lansdowne Live anywhere in the city of Ottawa," he said.

TIM WIECLAWSKI/METRO OTTAWA

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The CBC has admitted it inadvertently displayed the jacket of an anti-Sarah Palin book during a story about the former vice-presidential candidate that aired on The National. The gaffe came Monday night during a piece on Palin's hotly anticipated new memoir Going Rogue: An American Life. THE CANADIAN PRESS

CBC cops to Palin snafu

Canada



Gorilla to choose son's name with snacks

For some parents the process of selecting their child's name is filled with long discussions, baby name books and never-ending lists, but for Charles the gorilla it will be as easy as choosing his morning snack. The western lowland gorilla at the Toronto Zoo will be presented today with five piles of treats and five signs corresponding to options for the name of his baby son, born Sept. 2. Zoo staff decided to let Charles choose his son's name from five names.

THE CANADIAN PRESS

Seal meat on the Hill's menu

FOOD Seal meat is about to join beef tenderloin and baked salmon on the haute-cuisine menu for MPs and senators in the parliamentary restaurant.

MPs say Parliament is picking up the fork from Gov. Gen. Michaëlle Jean, who triggered a global controversy last May by gobbling seal meat in a show of support for Inuit culture in the Arctic.

The parliamentary restaurant is one of the private gems on Parliament Hill.

THE CANADIAN PRESS

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Toronto Moore on health care



COLUMBIER/THE CANADIAN PRESS

Documentary maker Michael Moore speaks at a health-care conference in Toronto yesterday. Moore said Canadians have to stand on guard against creating two Canadas — one for the rich and one for the poor — when it comes to health care.

Privacy czar slams Fintrac, no-fly list

'Insatiable appetite' exists for personal data, says Stoddart

The national agency that fights money laundering is collecting too much information about personal financial dealings, Canada's privacy watchdog says.

In her annual report, Privacy Commissioner Jennifer Stoddart also finds shortcomings with Transport Canada's no-fly list — a controversial initiative she has expressed reservations about for years.

Stoddart says the government's drive to secure public safety since the 9-11 terrorist attacks "has led to a seemingly insatiable ap-

petite" for personal details.

"The unprecedented scope of government data collection that we are witnessing today heightens the risk of misuses and unauthorized disclosure," says the report tabled yesterday in Parliament.

"The consequences for individuals can be grave."

Stoddart says the little-known Financial Transactions and Reports Analysis Centre of Canada must scale back its data gathering.

The centre, known as Fintrac, zeros in on cash linked to money launder-

ing, terrorism and other crimes by sifting through information from banks, insurance companies, securities dealers, money service businesses, real estate brokers, casinos and others.

"While the centre has put in place elements of checks and controls, there are gaps that need to be addressed," Stoddart's report says.

Stoddart also found that, although suspicious transaction reports are reviewed and prioritized, they are not assessed for reasonable suspicion of money laundering or terrorist financing.

THE CANADIAN PRESS

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PM holds steady on nuclear trade with India

POLITICS Terrorist threats and civilian nuclear commerce performed a delicate dance yesterday as the prime ministers of Canada and India pledged mutual co-operation on a pair of hot-button issues that could bevel a renewed Indo-Canadian relationship.

The meeting came as India was putting its nuclear facilities on alert due to intelligence linked to a Pak-

istani-Canadian held on terrorism charges in the U.S.

Stephen Harper was asked how the case impacts a looming renewal of civilian nuclear trade with a country that holds a rogue atomic arsenal.

"Notwithstanding the challenges that face this country ... this is a stable and reliable friend of our country and we have no reservations pursuing this

Air India

• Prime Minister Stephen Harper delicately reminded the audience that Canada's worst terrorism incident was the 1980 bombing of an Air India flight out of Vancouver that took 329 lives.

kind of (civilian nuclear agreement)," said Harper.

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An official says the New York Police Department raided circulation offices at some of the United States' largest newspapers as part of a union corruption probe. Offices of The New York Times and the New York Post were raided yesterday. The official says the newspaper delivery system around the city is under investigation and the news organizations are not involved. **THE ASSOCIATED PRESS**

World



Guilty plea in Smart abduction

Wanda Eileen Barzee, charged in the 2002 kidnapping of Elizabeth Smart, left, pleaded guilty yesterday as part of a deal with prosecutors and asked Smart to forgive her for all the pain she had caused. "I am so sorry, Elizabeth, for all the pain and suffering I have caused you and your family," Barzee, 64, said. "It is my hope that you will be able to find it in your heart to forgive me."

THE ASSOCIATED PRESS

U.S., China promise teamwork

BEIJING U.S. President Barack Obama and Chinese President Hu Jintao promised a determined, joint effort to tackle climate change, nuclear disarma-

ment and other global troubles yet emerged from their first full-blown summit yesterday with scant progress beyond goodwill.

After two hours of talks and a separate meeting over dinner the night before, the presidents spoke of moving beyond the divisiveness over human rights, trade and military tensions that have bedeviled relations in past decades.

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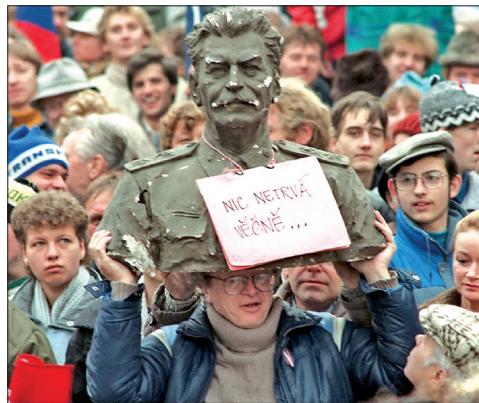
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Prague remembers

Thousands marched through the Czech capital of Prague yesterday in commemoration of a student protest 20 years ago that grew into the human tidal wave sweeping away the communist regime in what was then Czechoslovakia.

The Velvet Revolution of Nov. 17, 1989, began with fiery speeches at a university, inspiring thousands of students to march toward Wenceslas Square. As darkness fell, police cracked down hard, beating demonstrators and injuring hundreds. Unbowed, the crowds mushroomed in the ensuing days, with demonstrators chanting: "You have lost already!"

They were right. Following the collapse of the Berlin Wall and communism in the region, by Dec. 10, Czechoslovakia had a



In this November 1989 file photo, a marcher carries a bust of former Soviet leader Joseph Stalin with a sign saying "Nothing Lasts Forever" in Prague, Czechoslovakia.

new government. For many retracing the march, it was a joyful return to a time when repression proved no match for people power.

"I came here with hope," said Renata Krbcova, 45, who studied at Charles University in 1989.

THE ASSOCIATED PRESS

Putin tears the roof off

RUSSIA Putin in da house? Vladimir Putin is adding another groove to his tough guy persona: Hip hop idol. The Russian Prime Minister appeared on Muz-TV to hand out awards and declare that Russian hip-hoppers can help fight drugs. "I have to say that young people involved in these arts give them their own Russian charm," he said Friday. Putin did not rap, but he did deliver his speech clutching a mike to the backdrop of a hip hop beat.

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relationship management

Separated twins stable after first night

AUSTRALIA Formerly conjoined Bangladeshi twins spent their first night in separate beds and were in serious but stable condition yesterday following a marathon surgery to separate the toddlers, who were joined at their heads.

Trishna and Krishna, who turn three next month, shared skull, blood vessels and brain tissue. They were separated after 25 hours of delicate surgery and reconstruction by a team of 16 surgeons and nurses.

"Their bodies have to recover from this, and we've got a lot of unknown territory we're moving into."

Leo Donnan, surgeon who separated twins

Leo Donnan, chief of surgery at Royal Children's Hospital in Melbourne said the girls are in serious but stable condition in the intensive care unit. It is too early to know whether the girls suffered any brain damage during the operation — an outcome doctors

said was a 50-50 chance. The girls will remain in an induced coma for monitoring for several days.

"Their bodies have to recover from this, and we've got a lot of unknown territory we're moving into," Donnan said.

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Afghan 'corruption is a phenomenon'

Country slips in world rankings as aid pours in

Afghanistan has slipped three places to become the world's second most-corrupt country despite billions in aid meant to bolster the government against a rising insurgency, according to an annual survey of perceived levels of corruption.

Only lawless Somalia, whose weak UN-backed government controls just a few blocks of the capital, was perceived as more corrupt than Afghanistan in Transparency International's Corruption Perceptions Index.

Iraq saw some improvement, rising to 176 of 180 countries, up two places from last year.

Singapore, Denmark and New Zealand were seen as the least corrupt countries in the list based on surveys of businesses and experts.

In Afghanistan, President Hamid Karzai's inability or

unwillingness to tackle cronyism and bribery the past five years have resulted in an increase of support for the Taliban insurgents.

That has prompted calls by the Obama administration for Karzai to tackle the practice or risk forfeiting U.S. aid. Since 2001, the U.S. Congress has appropriated more than \$39 billion in humanitarian and reconstruction assistance for Afghanistan.

International donors are increasingly questioning how much of the billions of dollars in aid might have been misappropriated.

The report said examples of Afghan corruption ranged from the sale of government positions to daily bribes for basic services.

Karzai unveiled an anti-corruption unit and major crime fighting force yesterday after heavy pressure from Washington.

In reaction to the report,

Rankings

Most corrupt:

1. Somalia
2. Afghanistan
3. Myanmar
4. Sudan
5. Iraq

Least corrupt:

1. New Zealand
2. Denmark
3. Singapore
4. Sweden
5. Switzerland
9. Canada

SOURCE: TRANSPARENCY INTERNATIONAL

Ershad Ahmadi, the deputy director general of the High Office of Oversight and Anti-corruption in Afghanistan, said that "corruption is a phenomenon that will not go away overnight. It is a problem that will continue to be with Afghanistan for a long time."

THE ASSOCIATED PRESS

Why are these children paying the ultimate price?



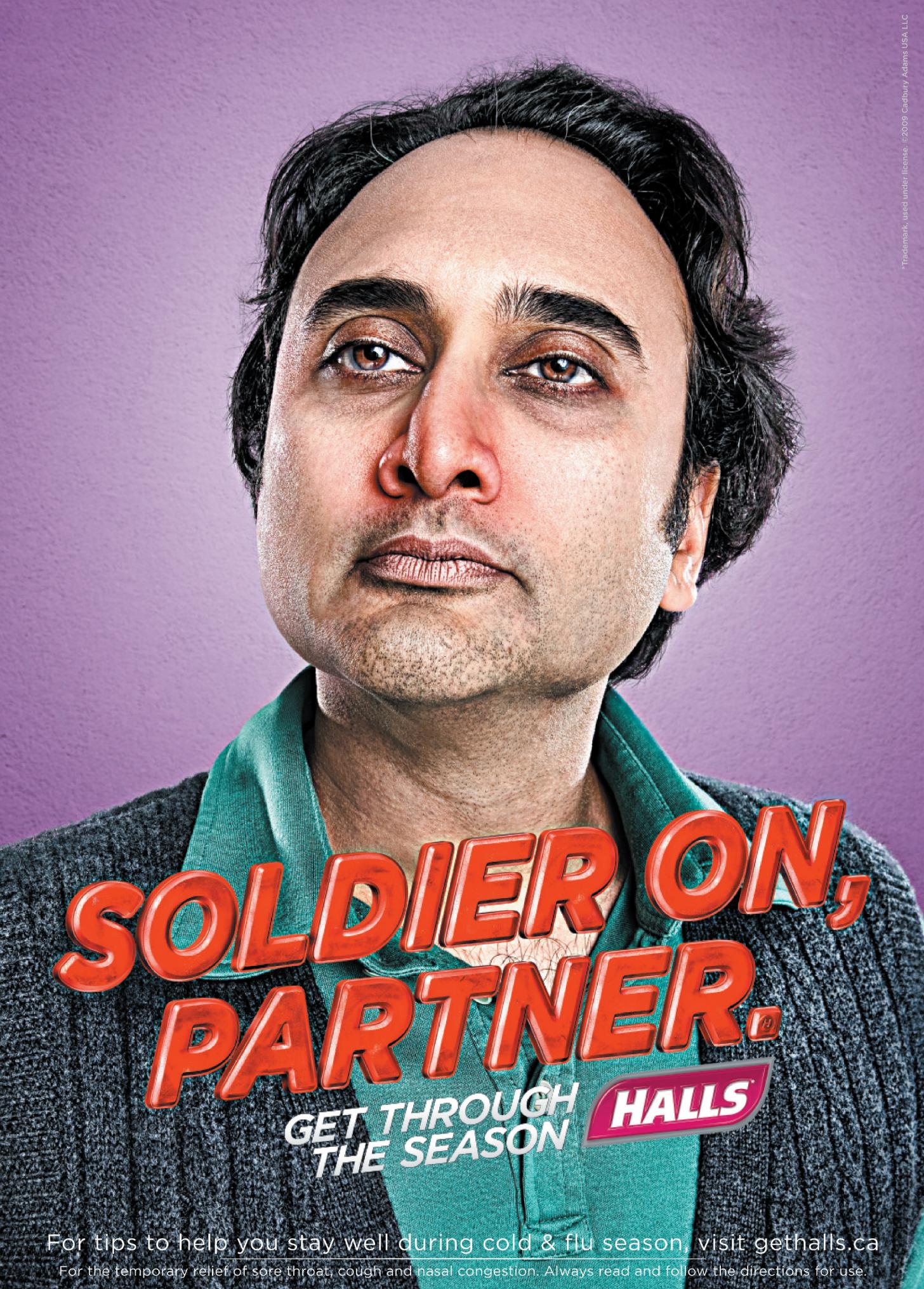
"In Sri Lanka, children are struggling with the trauma of witnessing the death of family members and the destruction of their homes." - Times UK

Over 80,000 Tamil children languish in internment camps in Sri Lanka long after the war is declared over. Many of them are orphaned from the war or forcefully separated from their families. These children are subjected to malnutrition; denied access to medical and psychological care they desperately need.

These vulnerable children need to be protected from the continued ill-treatment by the Sri Lankan Government authorities. Have your say in securing their future they rightfully deserve as children.

Speak for the Silenced: Contact your local member of Parliament and ask to press for the Canadian values of Democracy and Human Rights in Sri Lanka

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Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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Comment

All the world's a stage for Harper

The West View

Paul Sullivan



guess it's time to admit it: Stephen Harper has got his groove.

It's not easy to admit when you've always thought the PM was the Canadian equivalent of the Dark Lord, surrounding

himself with a cabal of fundamentalist Christian Orcs who think the world is 10,000 years old and the little woman belongs in the kitchen, barefoot and denied birth control.

But even I have to admit that the PM is at the wheel in the fast lane and deserves to be there. It all started last month with a Little Help From His Friends, when Harper uncharacteristically crooned the Beatle tune at the piano and solidified his political fortunes.

And this week, he took the stage in Bollywood, of all places, looking like Stephen the Stud with his backup stable of dancers.

All of a sudden, this Reform Party wonk seems to own the stage, even displaying a dash of panache, while Opposition Leader Michael Ignatieff, the Pierre Trudeau of the 21st century, comes off looking like that other Stéphane.

It's not all Harper, of course. Iggy made a bad trade, giving up reflection and discernment for equiv-

ocation and poll-watching. He made the great mistake of trying to live up to his expectations right out of the gate by threatening the PM with a great thrashing, and then, exposed as a poseur, left the room in haste, pink cheeks and all.

The PM's recent song-and-dance routine is just the latest from the man with the plan. He has managed to keep the Orcs from savaging small children in public and has somehow kept his minority mandate alive through two opposition

leaders and the worst recession since the Dirty 30s.

He's done it with discipline. And he's done it with a song, if not in his heart, at least on his lips. It doesn't matter if it's all spin. It is spin that sends the following message, apparently irresistible to Canadians: This guy is tough but human. It's a strategy stolen directly from the playbooks of Messieurs Trudeau and Jean Chrétien, two other tough but humans. They were marvellous to watch, using whatever props were avail-

able to demonstrate their humanity. Trudeau could say more with a rose than any metrosexual alive today, and Chrétien was all hearty (and heartily fake) bonhomie.

Stephen Harper is standing on the shoulders of giants, and in the process, is starting to stand tall all by himself. Sing us another song, Mr. Harper; you're the piano man now.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.

Word on the street: What do you think of professional athletes participating in the Olympic torch relay?

Mike Young

age 46, Ottawa

A: The public should have a chance at it. Give it to an everyday Joe. It helps put a little excitement in their life. These pro athletes can do anything they want really. Normal people should get the opportunity.



Tracy Radke

age 41, Ottawa

A: Anyone who's athletic should be able to participate and it helps bring a spotlight to what's going on.



Sean Ryan

age 27, Ottawa

A: I haven't seen too much coverage on this, but I'm sure since they are professional athletes they are deserving of the honour. They train, so why not?



Nancy Bartlett

age n/a, Halifax

A: I think it's fine, it brings attention to the torch relay. I think people are interested in what professional athletes are doing. If it was all professional athletes that would be bad, but throw in an odd Sidney Crosby, I think people like that.



Ian Vandaele

age 19, Toronto

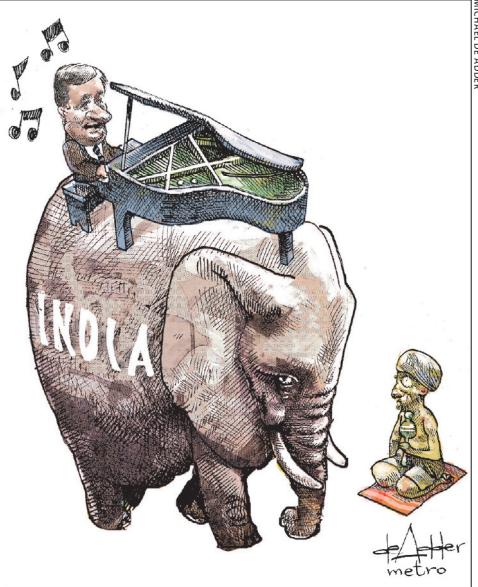
A: I think it's an important way to raise awareness for the Games. It really brings people in ... It's good for exposure.



Lena DaBrusin

age 19, Vancouver

A: I think the Olympics should be for amateurs, but the torch relay represents a universal event that anyone can participate in, so I think pro athletes should be able to participate as private people.



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Microsoft co-founder diagnosed with cancer

Microsoft Corp. co-founder and billionaire investor Paul Allen has been diagnosed with non-Hodgkin's lymphoma and is undergoing chemotherapy. **THE ASSOCIATED PRESS**

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Skinny TV best: CBC

The CBC says it has a simple solution to the battle over so-called television tax controversy facing cable and satellite subscribers.

The public broadcaster is telling the federal regulator it should force the carriers to offer a skinny service of Canadian stations at a cost lower than current basic service offered by cable firms.

CBC president Hubert Lacroix told the CRTC cable companies are growing rich on the signals they currently retransmit free from the broadcasters.

And he presented what

"It's pretty obvious that the Canadian BDUs (carriers) are winning this race to the top and that it's the Canadian consumer who is paying."

Hubert Lacroix, CBC president

he says is proof the system is broken, tabling graphs showing profits for broadcasters have been on a steady downward path since the introduction of cable specialty channels in the early 1980s.

He says cable firms like Rogers Communications and Shaw Communications have been raking in profits since cable fees were deregulated in 1998.

Lacroix says the cost to consumers of the basic cable package has risen four times more than the cost of living in the past decade.

"It's pretty obvious that the Canadian BDUs (carriers) are winning this race to the top and that it's the Canadian consumer who is paying," he said.

THE CANADIAN PRESS

Caisse plans to improve returns

INVESTMENTS The head of the Caisse de dépôt says Canada's largest pension fund manager plans a change in strategy to ensure long term returns while also helping Quebec companies to better compete around the world.

Caisse CEO Michael Sabia says change is needed because old strategies no longer ensure future success.

"The world has changed and so has the Caisse," he told a Caisse-sponsored conference on the future of Quebec businesses around the world.

Sabia, who took the reins of the Caisse last March, said details of the new strategy will be unveiled in the coming months.

The financial company has simplified its structure and investment strategy, distanced itself from complex derivatives, is more focused on its core skills and manages risk better.

This was all done to ensure the organization has a solid foundation to better serve its customers, Quebec public agencies that deposit their pension funds.

Sabia says the Caisse plans to leverage its own expertise and broad global network to advance the province's competitive advantage. **THE CANADIAN PRESS**

Technology Kindle is finally here



Amazon CEO Jeff Bezos displays a Kindle at a recent interview in California. The Kindle is coming to Canada. Amazon.com announced yesterday the ebook reader, with its high-resolution 15-centimetre screen, is now available to Canadians. Scan the code on the right or visit metronews.ca for the full story.



SCANLIFE

Dismiss suit, says bank lawyer

CASE A lawyer for Scotiabank says a class action lawsuit over unpaid overtime should be dismissed because thousands of employees involved in the case have individual claims.

Lawyer Robert Armstrong told an Ontario court that suggestions that a systematic problem exists at the bank with its overtime payments are false.

He says Scotiabank has

been unfairly targeted by lawyers who are involved in a similar case against CIBC that is under appeal.

The comments came during the second day of a hearing over whether Scotiabank should be required to pay overtime to current and former employees.

Cindy Fulawka is heading the lawsuit against the bank for about 5,000 employees.

THE CANADIAN PRESS

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Last week, British Columbia-based Northern Lights College officially opened its new Aboriginal Gathering Place at its Fort Nelson campus. The gathering place features artwork and cultural artifacts commissioned by local Aboriginal bands. METRO NEWS SERVICES

Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Workology in brief

MEMORIAL'S NEW PLAN Memorial University, in St. John's, N.L., announced last week the development of the university's research plan, and is looking to hear from as many stakeholders as possible to help steer MUN in the right direction. The impetus for the research plan flows from the university's strategic plan, released in 2007. One of the five pillars in the strategic plan focuses on research, creative activity, and scholarship. Under that pillar, there are five goals relating to the advancement of research at MUN. The new plan will address these goals and review existing research themes and their development.

MORE MONEY FROM ONTARIO The Ontario government announced last Thursday that seven new Crown Ward Education Championship Teams will offer mentorship, peer support, motivation, and guidance to Crown wards across Ontario, doubling the number of teams across the province to 14. The teams will help students access and succeed in higher education and training. The teams include volunteers from local school boards, Children's Aid Societies, PSE institutions, community agencies, Employment Ontario, and provincial ministries.

METRO NEWS SERVICES

Niagara College hits the wine

Earlier this month, Niagara College held an opening ceremony for its new Wine Visitor and Education Centre at its Niagara-on-the-Lake campus. Set in the school's teaching vineyards, the \$3.6-million centre will showcase and promote the Ontario and Canadian wine industry, provide wine tourism information services, and feature academic and wine industry programming.

METRO NEWS SERVICES

Seasonal employees fuel the holiday rush

'Tis the Season

JON TATTRIE
for Metro Canada



Over the next few weeks Metro's Workology section will be shining a light on some of the jobs that pop up around the holiday season and disappear just as quickly afterwards. Check back every Wednesday. We tend to think of seasonal workers as following the rhythms of land and sea, fishing and farming as animals and crops reach an abundance, but for many workers the season they follow is signalled by the ringing of cash-register bells during the holiday season.

Across Canada, a vast workforce of shopping-mall Santas, office party caterers, Christmas tree retailers, outdoor decorators and fundraisers for charitable organizations is assembled

to produce, ship and sell goods for the king of holidays, in a holiday season that stretches for months.

Jim MacGregor, director of associate relations for Sears Canada, is one of many in the retail industry gearing up for the annual recruitment drive. In Atlantic Canada alone, the company is hiring about 200 extra staff to deal with the holiday rush.

"We do a lot of seasonal hiring," he says. "This time of year, it's more in the stores — anything that would help a customer."

While some of the seasonal hires are hoping to move on to full-time employment, a lot are university students or parents who don't usually work looking to earn a little extra money to buy holiday gifts and cover the end-of-year bills.

It works well for Sears: Many of the extra workers are regular Sears shoppers.

"It really represents our customers," MacGregor agrees. "If they're coming just for seasonal, then typi-

cally that's what it is: They're looking for extra spending money."

For some forward-thinking seasonal workers, that extra money is earned in the summer. Grace Rivers is the corporate relations director at the Canada-wide recruitment agency Adecco Employment Services. While retail outlets hire their own seasonal staff in the late fall, her firm works overtime for the summer holiday boom.

The "light industrial" areas of manufacturing and distribution for companies like Sears, Hudson Bay and Canadian Tire create and ship items over the summer so that everything is in place come the holiday season, Rivers explains. That creates a seasonal spike in demand for warehouse jobs.

"(Companies) know they have to ramp up their work force at a certain time. They know their sales are going to increase over

Christmas, but they planned for that last April," she says.



By the end of the year, many office workers are burnt out, that's where office party caterers come in, just one of the many forms of seasonal — holiday — employment.

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\$10 million for University of Alberta's Ingenuity Centre for Machine Learning
The Alberta government announced late last month that the Alberta Ingenuity Centre for Machine Learning, based at the University of Alberta's north campus, will receive \$10 million in continued funding over the next five years. METRO NEWS SERVICES

Academic accolade for Ont. athlete

JON TATTRIE
for Metro Halifax



Christopher Morrison demolished the jock versus brainiac distinction last week, as Canadian Interuniversity Sport named him one of the top eight Academic All-Canadians.

Morrison is an assistant captain for the Saint Mary's Huskies hockey team, who

has won 40 of 56 games in his time and reached the AUS final twice, making the CIS University Cup tournament in 2008-09. The defenceman has also logged more ice time than anyone else on the team. In the classroom, the criminology student has posted a 4.05 cumulative GPA and won numerous scholarships.

When he needs a break from winning hockey games and acing exams,

"His work ethic is at its own level — pure strength, pure endurance."

Coach Trevor Steinburg on Academic All Canadian Christopher Morrison

Morrison helps underprivileged kids play hockey with SMU Pals, promotes literacy at the library and spends his summers helping Meals on Wheels.

A humble Morrison said he was "surprised" by the

award.

"It's a pretty big honour," he added. The Cambridge, Ont., native picked SMU because a friend highly recommended Halifax as a place to study.

He admits his busy schedule has come at a price: "The social aspect sometimes gets pushed to the back burner."

And bad news for bad guys in Ontario: Morrison is planning on moving home to become a cop when he graduates next spring. Cambridge crooks had better hit the gym and the library to avoid being out-run and out-thought by Morrison.

Trevor Steinburg is Morrison's coach. He said the star player wasn't a highly sought recruit, but he earned his place on the ice.

"He's probably our most reliable defenceman," Steinburg said. "His work ethic is at its own level — pure



Canadian Interuniversity Sport recently named Christopher Morrison one of eight Academic All-Canadians.

strength, pure endurance."

He's in the gym daily and it's not unusual for Steinburg to find Morrison lifting weights at 8 a.m. on a Saturday.

"When you think of some of your biggest hits, he's got them. You think of

some of your best defensive plays, he's got them," Steinburg says of Morrison's on-ice contribution. Off-ice, when the coach sends out an email looking for community volunteers, Morrison is the first to say yes.

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Lowering tuition won't affect PSE participation

Speaking at a meeting of the Senate Committee on Social Affairs, Science and Technology, University of Toronto professor Ben Levin argued against reducing tuition fees, stating that such a policy would be expensive to schools and have very little impact on participation. METRO NEWS SERVICES

What better time to take the entrepreneurial leap

Dragons' Den

Dianne Buckner



metronews.ca/dragonsden

Recession? What recession? Yes the economy is worrisome, and the recovery "fragile," as world leaders keep telling us, but even amidst the layoffs, there is plenty of vitality and creativity in Canada.

GM and Chrysler aren't hiring, but plenty of small start-ups may be ... and tonight's episode of Dragons' Den is a solid reminder.

The job numbers released two weeks ago were discouraging — a loss of 43,000 part-time jobs in October — but it would have been much worse if 27,000 new "jobs" hadn't been created by the growth in self-employment. Hard-working, resourceful people are devising their own jobs.

What an incredible amount of creative and entrepreneurial energy there is in this country! Tonight in the Den you'll see great examples: A school for club DJs called "ScratchLab" (it offers a high school credit); radio and television programming for cats and dogs; and a system to turn waste from the fishing in-

dustry (lobster and crab shells) into fertilizer and pharmaceuticals. That's only part of tonight's roster of innovative ideas.

Two of the dragons, Arlene Dickinson and Robert Herjavec, recently told me their companies experienced tremendous growth during tough times. And that's not uncommon — throughout history, plenty of businesses have flourished and new strategies have been hatched during challenging economies.

It was during the Great Depression that both Fortune Magazine and BusinessWeek began publishing. Also around that time Proctor and Gamble created the first soap opera for radio — to promote their detergent called Dreft. Tough times call for creative solutions!

Home Depot opened its

first two stores near Atlanta in 1979 just before a recession, and expanded dramatically during a time that most companies were battenning down the hatchets.

Early in this century, during the economic instability after 9-11, two incredibly successful products, the Swiffer and Axe body spray were launched.

I've heard more than a few business leaders talk about the fact that there's a great opportunity to cap-

ture business when competitors are being timid, possibly frightened by all the bad headlines.

It reminds me of the lyrics of Frank Sinatra's famous song about New York: "If I can make it there, I'll make it anywhere". If you

can make it now, you can make it anytime. A good thought for all the bold pitchers on tonight's episode!

Dianne Buckner is the host of the Gemini-winning Dragons' Den and one of the weekend anchors on the CBC News Network. Watch Dragons' Den at 8 p.m. tonight on CBC.



Toronto-natives and musical entrepreneurs DJ Baba Khan, left, and Jordan Fisher, far right, hope to show Dragon Arlene Dickinson how to spin talent into cash with their DJ school Scratch Lab on Dragons' Den airing tonight at 8 p.m. on CBC Television.

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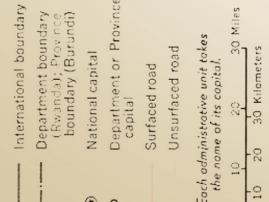
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3. Rick Kit	ON, CA	243	114	148	262
4. Danny Chan	ON, CA	241	111	150	261
5. Steve Ferguson	ON, CA	239	111	149	260
6. Joanne Doiron	NB, CA	240	112	147	259
6. Paula Almeida-Stille		243	111	148	259
6. Stephen Stille	ON, CA	243	111	148	259
9. Brian B	AB, CA	248	112	144	256
10. Stephanie Warren	NS, CA	235	109	143	252
11. Matty Strathearn	NS, CA	240	113	138	251
11. Patrick Reed	AB, CA	234	115	136	251
13. Fillmore	BC, CA	237	90	160	250
13. Edward Smith	NS, CA	236	112	138	250
15. Derrick Yee		238	109	140	249

* Results exclude Quebec.



Zack Greinke won the American League Cy Young Award yesterday, beating out Seattle's Felix Hernandez after a spectacular season short on wins but long on domination. Greinke went 16-8 with a 2.16 ERA for the Kansas City Royals. Toronto's Roy Halladay finished fifth in the voting. **THE ASSOCIATED PRESS**

Greinke wins AL Cy Young

Sports



Shanahan calls it quits

Veteran forward Brendan Shanahan, left, is retiring after 21 years in the NHL. The 39-year-old unrestricted free agent finishes his career 11th on the NHL's all-time goal scoring list with 656 goals. In 1,524 games, Shanahan amassed 1,354 points. He is the only player in NHL history to collect more than 2,000 penalty minutes and 600 goals.

THE CANADIAN PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Fisher pots two as Ottawa triumphs

NHL RESULTS

Toronto 2 Ottawa 3



Mike Fisher scored twice, including the winning goal in the second period, and the Ottawa Senators beat the Toronto Maple Leafs 3-2 last night.

Fisher, who also opened the scoring, beat Vesa Toskala with a high shot after the Senators rallied from a 2-1 second-period deficit in an intense affair before a Scotiabank Place



Ottawa Senator Mike Fisher, centre, celebrates with teammates during second period of last night's game at Scotiabank Place.

crowd of 17,406 — almost two thousand fans less than capacity.

Milan Michalek had the other goal for the Senators (9-6-3), who earned their

first win in three games. Alex Kovalev, Alexandre Picard and Chris Campoli

each had a pair of assists.

Pascal Leclaire stopped 30 shots in goal, including 15 in the third period when the Maple Leafs pressed for the tying goal but were unable to prevent their fourth straight loss in a dismal start to the season.

Phil Kessel and Niklas Hagman had the goals for the Leafs (3-11-5).

Kessel's goal extended his point-scoring streak to six games, during which he has five goals and three assists.

Rookie defenceman Carl Gunnarsson picked up an assist on Kessel's goal for

his first NHL point.

Toskala, who's still looking for his first win of the season, made 18 saves as his record fell to 0-4-2 on the year.

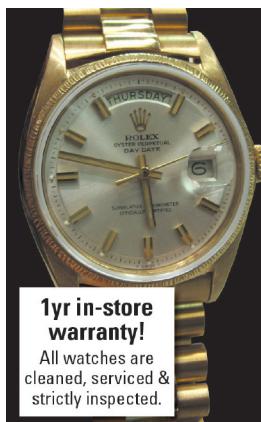
There were three fights in the opening 20 minutes.

THE CANADIAN PRESS

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Sports in brief

HOCKEY The Columbus Blue Jackets have loaned promising forward Nikita Filatov to CSKA of the Kontinental Hockey League for the remainder of the 2009-10 season. GM Scott Howson announced the move yesterday. He said it was made so Filatov could develop his game in his hometown of Moscow. Filatov has been unhappy with his spare minutes since making the club to start the season.

BASEBALL The New York Yankees have declined a \$1.25-million US option on pitcher Sergio Mitre. The right-hander was not on the Yankees' post-season roster. Mitre now becomes eligible for salary arbitration. Mitre, 28, had elbow ligament replacement surgery in July 2008 and agreed to a minor-league contract with the Yankees last off-season. He sat out the first 50 games while serving a suspension for testing positive for a banned substance. **THE ASSOCIATED PRESS**

Alfredsson says he's a Sen for life

CAPTAIN Daniel Alfredsson feels comfortable enough as the longest serving active captain in the NHL to look into the future with confidence.

So, when he was asked if he would mirror ex-Leaf captain Mats Sundin and move to another team at the end of his career for a chance at a Stanley Cup, Alfredsson was firm.

"No, probably not," the career Senators forward said Monday as his club prepared for another instalment of the Battle of Ontario — a matchup with the Leafs yesterday.

"I say that because we as an organization are on the way up again. We've had a couple of off years (since advancing to the Stanley Cup final in 2007), but I think we are heading in the right direction again. Put it this way, if you make

the playoffs, you have a chance."

Sundin served 14 of his 17 seasons in Toronto as captain, but left the team last season and didn't resurface until Dec.

18 when he signed with Vancouver and a shot at a Cup that ultimately eluded him in his career. Alfredsson went on to say, "Never say never about the future." Daniel But he's as en-



Daniel Alfredsson

trenched in Ottawa

as any player has been with an NHL team.

When Joe Sakic retired this year, Alfredsson became the longest serving captain in the NHL. When he signed a four-year, \$21.6 million extension in Oct. 2008, the script was essentially set to make him one of a dying breed of player who starts and finishes his

career with the same team.

Alfredsson, in fact, ranks seventh among active players in the most games played with one team. Dallas' Mike Modano

tops that group, followed by Niklas Lidstrom (Detroit), Martin Brodeur (New Jersey), Kris Draper (Detroit), Shane Doan (Phoenix), and

Jarome Iginla (Calgary).

"I don't think I can really appreciate it because I'm still living it, but when I retire, yes, it will sink in ... how fortunate I've been," said Alfredsson.

"I was fortunate to be drafted by Ottawa. To live in a city and play in a country where hockey is first, are some of the things that I will cherish for a long time." **TORSTAR NEWS SERVICE**

U.S. curler tries for TV money

OLYMPICS A member of the U.S. Olympic curling team is hoping a dose of reality TV will cure a financial shortfall preventing his family from attending the 2010 Winter Games in Vancouver.

Chris Plys, the alternate on John Shuster's Olympic rink, will appear next month on the E! network's new reality show Bank of Hollywood.

The show, produced by Ryan Seacrest Productions, debuts Dec. 14. The prem-

ise of the show involves a panel of celebrity judges handing out cash to people seeking money for a variety of reasons.

Plys, 22, is asking for cash to help pay for his family to attend the Olympic Games. His father has been battling brain cancer for the past few years and was unable to be in Sweden with Plys when he won the gold medal at the world junior curling championships.

THE CANADIAN PRESS

Iraq facing suspension from FIFA

SOCER Iraq faces suspension from international soccer if it does not restore the disbanded national federation by tomorrow.

FIFA said yesterday it was "incomprehensible" for Iraq's Olympic committee to dissolve the national

soccer authority's ruling board on Monday. Iraqi Olympic officials alleged that the federation had committed financial and administrative irregularities and repeatedly delayed elections.

THE ASSOCIATED PRESS

Polamalu may play through injury

Pittsburgh Steelers star safety Troy Polamalu hasn't been ruled out of Sunday's game at Kansas City despite injuring his left knee for the second time this season. Polamalu, a five-time Pro Bowl player, missed four games earlier this season with a medial collateral ligament tear. **THE ASSOCIATED PRESS**

A shell of their former selves

With the Sens and Leafs not what they used to be, the Battle of Ontario has suffered

The Hockey News

Ken Campbell

thehockeynews.com

So, the Ottawa Senators and Toronto Maple Leafs resumed their hostilities in The Battle of Ontario last night. Undoubtedly, it gave fans at Scotiabank Place the chance to lustily boo that dastardly Matt Stajan, well-known stick man Tomas Kaberle and all-round horrible person Alexei Ponikarovsky.

You have to admit, it's a little difficult developing a serious hate-on for the Maple Leafs these days isn't it? Perhaps it has

something to do with the fact that both teams are now a shell of their former selves or that the most intimidating member of the Maple Leafs is their GM.

But there is little doubt that The Battle of Ontario has lost a huge amount of lustre since the lockout.

Yeah, it makes us pine for the days when Tie Domi was being an all-round miscreant and inexplicably flying into the boards after getting hit by Rickard Persson and not wearing sequins and hugging guys.

It sure makes us fondly remember the days when both teams were at least good enough to make the playoffs.

Every year the Senators would make the Leafs gen-

Gary Roberts

erally look like the Washington Generals during the regular season before transforming into the world's

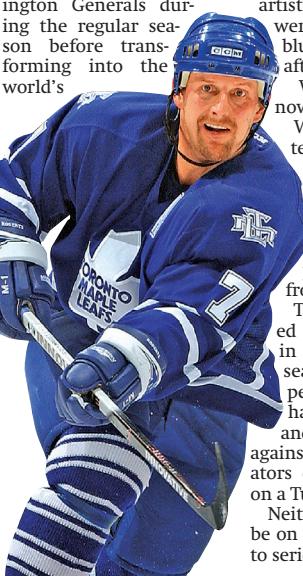
most proficient choke artists the moment they were confronted with a blue and white sweater after April 1.

What do we have now?

We have a Senators team that is a middle-of-the-pack squad in the NHL and a Leaf team that hasn't been able to shoot straight since the players came back from the lockout.

The Senators defeated the Maple Leafs 2-1 in their first game this season and it was a pedantic affair that had all the intrigue and passion of a game against the Nashville Predators or Phoenix Coyotes on a Tuesday night.

Neither team appears to be on much of a fast track to seriously contending for



"There is little doubt that The Battle of Ontario has lost a huge amount of lustre since the lockout."

the Stanley Cup and another meeting in the playoffs would require the Maple Leafs to actually qualify for the post-season, which looks to be a long-term project at best.

Sure that improves the Senators chances in the playoffs, but doesn't it all make you miss the likes of Darcy Tucker, Shayne Corson and Gary Roberts... just a little?

The Hockey News
thn.com



Brock Lesnar

Lesnar in stable condition, says UFC president

HEALTH UFC President Dana White says that heavyweight champion Brock Lesnar is recovering from a bacterial infection in his intestinal tract.

"He's in stable condition and should be released soon," White said Monday.

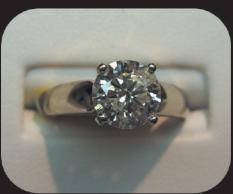
White told reporters at UFC 105 over the weekend in Manchester that Lesnar was seriously ill in hospital but didn't say what he was suffering from. White said Monday he is encouraging Lesnar to check into the Mayo Clinic in Minnesota for further treatment. He also said he did not know if the 32-year-old South Dakota native will fight again.

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NEW ITEMS ADDED DAILY

Perry Fewell becomes Bills' interim coach

NFL Defensive co-ordinator Perry Fewell will be the Buffalo Bills' interim head coach, replacing the fired Dick Jauron.

Fewell was given the job yesterday, hours after Bills owner Ralph Wilson fired Jauron after the team's 3-6 start. Wilson credited Fewell for "demonstrating excellent leadership skills," while noting the players have plenty of "confidence in him."

In his 12th NFL season, and fourth with Buffalo, Fewell becomes the team's first black coach.

The shakeup came two days after a 41-17 loss at Tennessee, dropping Buffalo further out of contention and in jeopardy of missing the playoffs for a 10th straight year.

THE ASSOCIATED PRESS

Sports in brief

BENGALS Larry Johnson might have his career up and running sooner than expected. The running back who was banished from Kansas City for bad behaviour signed on for a backup role with the Cincinnati Bengals yesterday, giving the

AFC North leaders depth for the rest of this season. He might not be watching for long. A day after coach Marvin Lewis referred to Johnson as an insurance policy in case of injury, he said it's possible the running back could play in

some form Sunday in Oakland if starter Cedric Benson is still limited by a strained hip.

SUBSTANCES Dwayne Bowe, in and out of his coach's doghouse all year, is in much deeper trouble now. Kansas City's third-year wide receiver

was suspended without pay for four games yesterday for violating the NFL's policy against performance-enhancing substances. Bowe's agent, Todd France, said his client was guilty only of taking a weight loss supplement. "Dwayne did

not take a steroid or any other performance-enhancing drug," France said in an email to The Associated Press. "However he took a diuretic for weight loss, which unfortunately has a negative affect under the league's policy."

THE ASSOCIATED PRESS

SCOREBOARD

NHL

EASTERN CONFERENCE

GP W L OL PT

Washington 4 N.Y. Rangers 2

Colorado at Calgary

NBA

EASTERN CONFERENCE ATLANTIC DIVISION

W L PCT GB

PACIFIC DIVISION

W L PCT GB

Oklahoma City at Orlando

Cleveland at Washington

Charlotte at Philadelphia

Golden State at Boston

New Jersey at Milwaukee

L.A. Clippers at Memphis

Houston at Minnesota

San Antonio at Dallas

Detroit at Portland

YESTERDAY

CFL

SUNDAY EASTERN FINAL

B.C. at Montreal

WESTERN FINAL

Calgary at Saskatchewan

TODAY

SUNDAY, NOV. 29 GREY CUP AT CALGARY

East vs. West champions

	GP	W	L	OL	PT	GB
d-San Jose	23	14	5	4	32	
d-Calgary	20	12	5	3	27	
d-Chicago	19	12	5	2	26	
Los Angeles	22	13	7	2	28	
Calgary	18	12	4	2	26	
Columbus	19	11	6	2	24	
Detroit	18	10	7	0	28	
Dallas	19	8	5	6	22	
Phoenix	20	11	9	0	22	
Vancouver	21	11	10	0	22	
Nashville	19	10	8	1	21	
Edmonton	20	11	3	1	19	
Toronto at Carolina	17	10	6	1	21	
Pittsburgh	21	14	4	1	25	
Philadelphia	17	11	5	1	23	
NY Rangers	21	11	9	1	23	
Tampa Bay	18	8	4	6	22	
Atlanta	17	10	6	1	21	
OTTAWA	18	9	6	3	21	
Boston	20	8	4	2	20	
Montreal	21	10	11	0	20	
Florida	18	7	9	2	16	
Toronto	19	3	11	5	11	
Carolina	20	3	12	5	11	

	GP	W	L	OL	PT	GB
OTTAWA	3	2	1	0	2	0
Montreal 2	20	11	3	1	20	
Nashville 4 San Jose 3	19	6	10	3	15	
YESTERDAY						
OTTAWA	3	2	1	0	2	0
Montreal 3 Carolina 2 (SO)	20	11	5	1	20	
Nashville 4 San Jose 3	19	6	10	3	15	

	GP	W	L	OL	PT	GB
TODAY						
Florida at Buffalo						
Dallas at Detroit						
Phoenix at Minnesota						
Colorado at Edmonton						
Philadelphia at Los Angeles						
TOMORROW						
Toronto at Carolina						
Boston at Atlanta						
Pittsburgh at OTTAWA						
Phoenix at St. Louis						
New Jersey at Nashville						
Columbus at Dallas						
Chicago at Calgary						
Tampa Bay at Anaheim						
YESTERDAY						
OTTAWA	3	2	1	0	2	0
Montreal 3 Carolina 2 (SO)	20	11	5	1	20	
Nashville 4 San Jose 3	19	6	10	3	15	

d - division leaders ranked 1-2-3 regardless of points.

	GP	W	L	OL	PT	GB
TODAY						
Indiana	5	3	.625	1		
Milwaukee	5	3	.625	1		
Chicago	5	4	.556	2		
Detroit	5	5	.500	2.5		
TOMORROW						
Boston	8	3	.727	-		
Toronto	5	5	.500	2.5		
Philadelphia	4	6	.400	3.5		
New York	1	9	.100	6.5		
New Jersey	0	11	.000	8		
WEDNESDAY						
Dallas	8	3	.727	-		
Houston	6	4	.600	1.5		
San Antonio	4	4	.500	2.5		
New Orleans	4	8	.333	4.5		
Memphis	2	8	.200	5.5		
YESTERDAY						
Cleveland 114 Golden State 108						
Indiana 91 New Jersey 83						
New Orleans 110 L.A. Clippers 102						
Oklahoma City 100 Miami 87						
Phoenix at Houston						
Toronto at Denver						
Chicago at Sacramento						
Detroit at L.A. Lakers						
TODAY						
Denver	7	3	.700	-		
Portland	8	4	.667	-		
Oklahoma City 6	5	5	.545	1		
Utah	4	6	.400	3		
Minnesota	1	10	.091	6.5		
TOMORROW						
Toronto at Utah						
Miami at Atlanta						
New York at Indiana						

TODAY

TOMORROW

TODAY

Canada's economy shed more than 43,000 jobs last month in a clear indication that the struggling economy is still feeling the aftershock of the deep recession that erupted a year ago. THE CANADIAN PRESS

Ottawa Works

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

'Don't spread yourself thin': Doc

RAFAEL BRUSILOW
for Metro Canada

Trying to juggle work and health can sometimes make your life feel like a circus act, but with the right approach, even the busiest people can come out smiling.

The first step is to make a list of all the things competing for your time, be they family and friends, career obligations or just finding time to cook healthy and work out and take stock of how crucial each item is to your life. When you take a tally of all the things putting pressure on you in your life, it's a lot easier to see healthy living as a process of managing stress while maintaining good habits.

Dr. Kashif Pirzada, a Canadian doctor of emergency medicine, says that rather than trying to succeed at all parts of your life

at once, it's important to focus on one aspect of your life at a time because your emotional workload will be more manageable and your results will be better in the long run.

"Don't spread yourself thin tackling everything right away; instead, try to be good at a few things at a time. Rather than trying to do it all at once, pick the things that are most important to you, then prioritize and manage accordingly," Pirzada said.

While workplace pressures can sometimes feel daunting to handle, maintaining a positive outlook is crucial in keeping yourself emotionally prepared for success. Negative energy leads to a negative approach while positive thinking opens you up to a better chance of succeeding.

"Always have a good attitude and keep your mind open to healthy possibili-



Slotting away time in advance to go to the gym makes it much more likely you'll do it, experts say.

ties. The right attitude has a big effect on your overall well-being and it's never too late to change your ways," Pirzada said.

Elizabeth Scott, an American stress manage-

ment coach and contributor with About.com, suggests that once you've made a decision to start a new healthy habit or take positive steps in your life, put your commitment

down in writing to make sure you include it as part of your schedule. Slotting away time in advance to cook a healthy meal or go to the gym makes it much more likely you'll do those

things, since they become a part of your itinerary rather than just general, unspecified plans.

Scott also recommends enlisting friends and family to help you stay on track. Letting people you trust in on your stress and health management goals can make them into an invaluable resource.

"You'll find much more success if you have others who are helping you along the way. Not only will they give you support when you need it, but you'll also have them to answer to if you feel like skipping your new stress management practice, and this will make it harder for you to make excuses and quit," Scott wrote.

Most important of all, remember that there are plenty of people in a similar boat, with similar pressures and a similar commitment to themselves, so don't feel like you're alone.

Local jewelry store a standout

TRACEY TONG
tracey.tong@metronews.ca



"We can spend the time and people feel they're getting personal service from us because we're not a chain."

Brent Harden, Maison d'Or owner

wide and we have a high level of personal and professional service," said Harden.

Located at the Place d'Orleans, the store is a member of the American Gem Society and all of its staff are trained to give the highest level of personal and professional service to customers.

And those are qualities that bring generation after generation back to the stores today, said Ottawa store owner and gemologist Brent Harden.

"We purchase our jewelry and diamonds world-

wide and we have a high level of personal and professional service," said Harden.

All of our sources of diamonds are ethical," said Harden.

But the biggest thing that makes the business so successful "is that we give before we receive," said Harden. "We spend time with the clients. We really invest the time before we make the sale, and if they purchase, that's great."

Perhaps the best signs that they're doing things right are the repeat customers.

"We're up to the fourth generation of customers," said Harden. "It's been very exciting. We had a lady come in who said she purchased a ring from my dad



All of the sources of diamonds at Maison d'Or are ethical, says owner and gemologist Brent Harden.

40 years ago, and people

one to rest on his laurels.

"We're only as good as we are now," he said. "We can't sit on our history. We're only as good as what we do today. You have to keep taking care of people."



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Kia rewards

Kia Canada has announced the launch of its Customers Rewards Program, the first of its kind in the Canadian automotive industry. The program includes discounts on future dealership purchases, added vehicle services, and access to exclusive offers. CANADIANDRIVER.COM

Metro Drive



'Spa' on wheels

French automaker Renault has revealed the Zoe Z.E. electric car concept, whose interior apparently mirrors a "spa-like experience." No surprise that the car was designed with help from cosmetics manufacturer Biotherm.

METRO NEWS SERVICES

EDITOR: KUMAR SAHA, KUMAR.SAH@METRONEWS.CA

Accord with all trimmings

JIM ROBINSON
for Metro Canada

Honda's 2010 Accord Crosstour is part of an emerging automotive segment of vehicles that have the qualities of a station wagon, a utility vehicle and a minivan but can't be categorized as either.

Like its cousin, the Acura ZDX, and the BMW X6, that arguably started it all, the Accord Crosstour is a fast-back luxury tourer aimed at mature buyers with time, money and leisure on their minds.

Sit in the driver's seat and any previous Honda owner will feel at home right down to the shape and feel of the steering wheel. Like a BMW, everything is where you expect to find it.

But there is also a big difference.

The Crosstour is more like the Acura with the use of premium quality materials such as wood trim separating the upper and lower, two-tone or monotone interior.

Seating is leather with surprising few options because most amenities like the 360-watt sound system with an array of speakers, USB device and MP3 jack, to name a few, are standard.

Because the sharp rearward rake of the back hatch appears to rob cargo room, Honda Canada officials made a big thing about capacity at the press launch.

Behind the 60/40 split/fold rear seat there are 728 litres with the car-



The 2010 Honda Accord Crosstour is based on the Accord sedan but it looks larger due to its higher ride height.



The interior is very upscale, but it retains the classic Honda layout that will be familiar to any Honda owner.

go floor flat. Lift this up and there is a 54-litre bin concealed which has two, four-litre cubbies on each side. The floor panel is carpeted on one side and plastic on the other so it can be used to haul stuff like plants and soil and then be hosed off after use.

If they decided to go down a rutted cottage country path, the Accord

Crosstour has all-wheel-drive (AWD) as an option.

There is one engine offered in the form of a 3.5-litre, SOHC V6 producing 271 hp and 254 lb/ft of torque.

It features Honda's Variable Cylinder Management that lets it run on 3-4-6 cylinders for cruising efficiency, moderate power need, and full power needs

respectively.

With the standard five-speed automatic transmission, fuel economy is rated at 11.5/7.2L/100 km city/highway for the front-wheel-drive version (FWD) and 12.3/8.0L/100 km city/highway for the AWD.

The Crosstour is fully fitted out with safety features like six airbags, active front seat headrests (which is crucial in my opinion), four-wheel disc brakes with ABS (with brake assist and electronic brake force distribution), tire pressure monitoring, and Honda Vehicle Stability Control (VSC) with traction control.

On the highway it feels solid, but not heavy. It tracks and sticks with the blend of handling and braking that keeps people coming back to buy another

2010 Honda Accord Crosstour

Type: Crossover station wagon
Price: from \$36,000 (estimate)
Engine: 3.5-litre SOHC, V6 (271 hp, 254 lb/ft)

Highlights

- Luxury look with Honda feel
- Solid on road
- AWD option

er Honda.

Cruising long distances is what the Accord Crosstour is really good at, although it acquires itself just fine in urban settings.

For more reviews of the latest cars, visit:
metronews.ca/autoreviews



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Mercedes-Benz is launching a voice-controlled telematics system that all but puts a personal assistant in the car. The German automaker says 'mbrace' provides a suite of 18 services that do everything from locate your car in a crowded parking lot to order flowers for your spouse. [WIRED.COM](#)

Gas engines fight back

AutoPilot

Michael Goetz

[metronews.ca/autopilot](#)

Don't get the big guy mad. That's something I learned in a painful sixth grade incident, and something the "alternative energy" people are learning right now.

These folks have been bragging in the schoolyard how hydrogen-based fuel cells, or electricity from the grid, or some proton accelerator device used in combination with goat dung, are soon going to put the gasoline-fueled internal-combustion (IC) engine in its place.

Well that may happen, but it's not happening as quickly as their cheerleaders might have surmised. Some delay is due to the fact that these new tech-



The BMW 550i Gran Turismo is the first "non-hybrid" North American vehicle to feature regenerative braking.

nologies can't seem to get their act together, particularly when it comes to infrastructure.

Another factor holding up the revolution is that the IC engine is fighting back with a vengeance. Its kicks are finding shins and soft places.

There's also a deadline looming to keep the IC troops in fighting trim; U.S. legislation calls for a corporate fleet average of 35 mpg by 2016. The uncertainty in the alternative stuff means the IC engine needs to be very much in play in 2016, and that they need to be much better

than they are now. Here are some of the new ways automakers are using to make the IC engine more efficient:

More Electric Components: A lot of pumps and things that previously were driven off the engine via belts are now going electric. Electric steering is almost across the board now, and this season, we're seeing a few vehicles with electric water pumps. (The IC motor in the Toyota Prius, for example, has absolutely no drive belts.)

Decoupling on components:

When not called up, some air-con compressors basically de-couple themselves from the engine. The new BMW 550i Gran Turismo now features an alternator that de-couples (via a clutch), and is only connected and working when the vehicles are decelerating or braking. In this way it produces electricity without drawing virtually any power from the engine.

Regenerative braking: To make sure there is enough electricity to keep everything powered, the BMW 550i Gran Turismo is the first "non-hybrid" North American vehicle to feature regenerative braking (a system that converts the potential energy of the moving vehicle into electrical juice.)

Fuel shut off: Of course there is continuing development of powertrain systems, like turbo charging, direct injection, variable valve trains, engine computerization, etc. Some automakers, such as Ford, have programmed their computers to completely shut off fuel to the cylinders, when the vehicle is coasting.

Michael Goetz has been writing about cars and editing automotive publications for over 20 years. He lives in Toronto with his family and a neglected 1967 Jaguar E-type.



Beetle has plenty of fans

JUSTIN PRITCHARD

for Metro Canada

preciated, as was the refined overall experience.

WHAT OWNERS HATE: The two biggest gripes reported by owners deal with visibility and trunk space — though some note squeaks and rattles that develop over time, too.

COMMON ISSUES: Looking at a TDI model? Be sure the idle is relatively smooth and free of missing, which could indicate a compression problem or potential engine damage. Get under the car and check for any signs of leaks, especially coolant.

THE VERDICT: The used New Beetle comes standard with a great sense of community and great driving dynamics. It's also a great candidate for a thorough pre-purchase mechanical inspection and extended warranty opt-in.



Second Gear

Read Kids' Metro! Special edition out on Friday, 20th

NEXT FRIDAY, CHILDREN WILL RULE METRO

**WORLD PEACE, ECOLOGY AND
HAPPINESS AS SEEN BY KIDS
FROM 4 CONTINENTS**

On Friday, November 20th, it's Kids Day at Metro! We're celebrating the 20th anniversary of the adoption of the Convention on the Rights of the Child by the United Nations. Read about the leaders of the future: and find out what Canadian kids would do if they ruled the world. Also an exclusive interview with Annie Lennox on her children campaign.



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Forget being in Times Square on New Year's Eve — if you can't wait to leave 2009 behind, New York City is also planning a Good Riddance Day event, where you can write down those bad memories and shred them. The date will be posted at timessquareny.org. THE ASSOCIATED PRESS

Travel

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Return to the rooftops

New Year's Eve fireworks will return to the rooftops of Las Vegas Strip hotels to ring in 2010 after ground-level displays disappointed revellers last year. "We're moving the fireworks show back to where it should be," said Pat Christensen, president of the event promoter, Las Vegas Events. The \$550,000 US fireworks show will be fired from atop seven tall hotels, and the street will again be closed to form a pedestrian mall for the event.

THE ASSOCIATED PRESS

What's new in Waikiki

This Honolulu hotspot has sprouted all kinds of fresh shops, eateries and hotels

DAWNA L. ROBERTSON



If you haven't visited Waikiki in awhile, you'll be in for a pleasant surprise when you do.

This iconic Hawaii destination, which is a Honolulu neighbourhood, has gone through a major renaissance over the past few years, enhancing everything from accommodations to shopping and dining.

Making perhaps the greatest retail splash, the Waikiki Beach Walk has stepped onto the stage with a collection of eateries, shops and upgraded Outrigger Hotels & Resorts properties.

There's even a new Embassy Suites Waikiki, with the upscale Trump Waikiki Hotel opening in mid-November.

Also adding to the revived retail mix is the Royal Hawaiian Center, revamping a former concrete



A view of Waikiki Beach with Diamond Head crater in the background.

fortress into a pleasant shopping and dining venue that's home to the Royal Grove — Waikiki's largest garden area that's tucked on the grounds of the center fronting the Royal Hawaiian Hotel.

One of those newbies generating the biggest buzz amid this mix of fresh faces is the \$21 million US renovation of the OHANA Waikiki Beachcomber and the grand opening of its colourful Jimmy Buffett's at the Beachcomber, a new dining, entertainment and retail venue that's Hawaii's first Jimmy Buffett eatery.

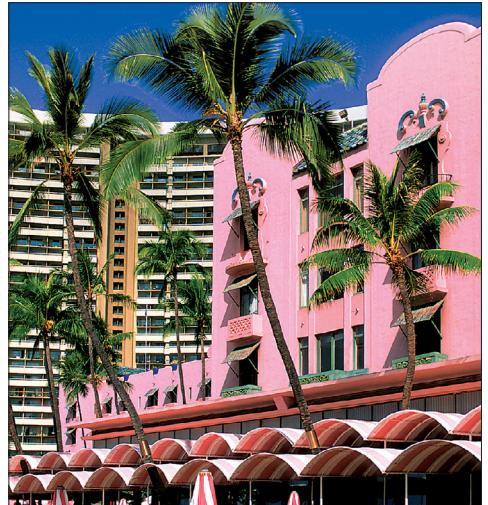
This new gathering place for Parrotheads and those who simply seek good food, libations and fun occupies a prominent location on Kalakaua Avenue above Macy's in the OHANA Waikiki Beachcomber's lobby level. It's a lively celebration of Jimmy's adventurous lifestyle and the natural wonders of Hawaii where you

can dine or enjoy your favorite beverage on an open-air lanai or within one of the extraordinary island atmospheres created throughout the facility.

Specialties include Calypso Mahi Mahi, Big Island Vegetable Stir Fry, Bayou Shrimp Pasta, Coconut Shrimp, Jerk Salmon and assorted savoury sandwiches. And naturally, since it's in paradise, Jimmy offers his signature cheeseburger — a food icon in itself.

As for decor, the restaurant is visit worthy even if you're between meals.

Unique technology allows for beautiful sunsets, crashing waves and majestic mountains to blend seamlessly with the Hot Spot Bar



The Royal Hawaiian, right, and Sheraton hotels at Waikiki Beach.

Good to know

- Hawaii Visitors & Convention Bureau: gohawaii.com
- Waikiki Beach Walk: waikikibeachwalk.com
- Outrigger Hotels & Resorts: outrigger.com
- Embassy Suites Waikiki: embassysuiteswaikiki.com
- Trump Waikiki Hotel: trumpwaikikihotel.com
- Royal Hawaiian Center: royalhawaiiancenter.com
- Royal Hawaiian Hotel: royal-hawaiian.com
- OHANA Waikiki Beachcomber: ohanawaikiki.com
- Jimmy Buffett's at the Beachcomber: jimmybuffettsatthebeachcomber.com

(dramatically honouring the molten lava formation of the islands); the Ocean Waves Dining Booths (inspired by the towering waves found on Oahu's North Shore); and the music of Jimmy Buffett and the Islands. Buffett has commented that from the first time he caught a wave at Canoes on Waikiki, he began to figure out how he could become more deeply linked with this destination.

"I have had a long love affair with Hawaii and her people," he said. "Mark Twain called these 'the loveliest fleet of islands anchored in any ocean' and I couldn't agree more. I have written many stories and songs inspired by my time in Hawaii and can't wait to see what the future holds in the land that is so far but yet so near."

The icing on the Buffett cake is the Honolulu Surfing Museum, an interactive immersion into surfing culture. The museum's collection of unique artifacts, displays and experiences celebrates Hawaiian heritage and the ever-evolving sport of surfing.

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Ready for some more old-school Melrose Place fireworks? A rep for the CW says Heather Locklear (Amanda) Daphne Zuniga (Jo), Josie Bissett (Jane) and Thomas Calabro (Michael) will reunite in the fabled courtyard of the apartment complex in an episode set to air early next year. [USMAGAZINE.COM](#)

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Glee star unlikely choice to be lead

BRIAN COULTON
Metro World News

TV SHOW Cory Monteith never considered himself a triple threat.

He could sing, but never sang before, he played drums in a band that never broke and his acting credits included "Scooter Guy" and "Teenage Boy" as recently as 2007.

So when the Calgary, Alta.-born, Victoria-raised actor got the call to play a principal role in breakout TV musical comedy Glee, it's unsurprising he felt just a little overwhelmed.

"I didn't really understand what this thing was going to be, how it would change my day-to-day life," he said days following an appearance at the Gemini Awards in his hometown. "It occurred to me, when I had five people on speakerphone call me at once and say, 'You've got it! ... just the tone in their voices explained a lot to me about the size and scope of this project."

Thankfully for him, Monteith soon understood the Glee creators weren't looking for the consummate performer, but some-



"It's a little surreal, playing this all-American jock when I'm Canadian, never played sports, and am 27-years-old playing high school."

Cory Monteith

he said.

The high school theme hasn't waned over the years, and the addition of performance to it commonly induces reference to wildly popular franchise High School Musical, a comparison Monteith has tired of.

"If High School Musical hadn't come first, Glee would have done better numbers," he said with a laugh.

"I think there wouldn't have been all those people going, 'Oh, well they're just trying to rip off High School Musical.'

A new episode of Glee airs on Global tonight

LITERARY AWARDS Kate Pullinger has won the Governor General's Literary Award for fiction for her *The Mistress of Nothing*. Acclaimed Toronto fiction writer M.G. Vassanji nabbed the Governor General's Award for non-fiction for *A Place Within: Rediscovering India*.

Entertainment in brief

PEREZ HILTON The lawyer for Black Eyed Peas manager Liborio (Polo) Molina says he hopes his case with celebrity blogger Perez Hilton will be dealt with in court today. Molina faces an assault charge for allegedly striking Hilton outside a Toronto nightclub on June 22.

THE ASSOCIATED PRESS



GQ's man

The GQ men of the year honorees are Tom Brady, Bradley Cooper, Zach Galifianakis, Ed Helms, Chris Pine, Clint Eastwood and President Barack Obama. [POPEATER.COM](#)

Giving it the Dahl touch

Fantastic Mr. Fox director tried to keep film close to author's style

Movie feature

NED EHRBAR
for Metro Canada

Over the course of his career, Wes Anderson has established a very specific style of filmmaking — whether he wanted to or not.

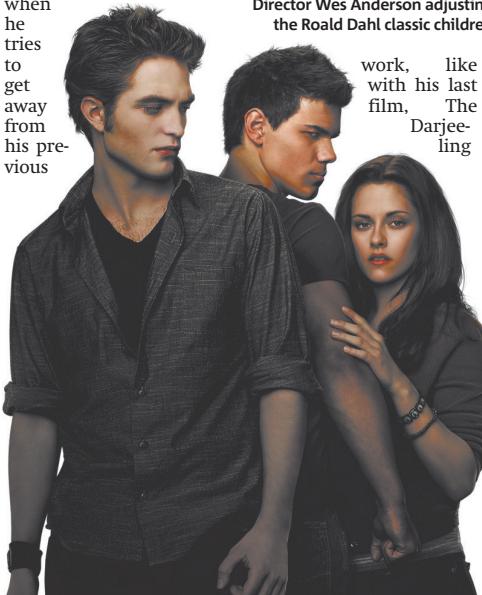
"Something that I'm not quite able to regulate comes through, I suppose," he admits. "Maybe it's the color palette, the shooting style, the use of music. It ends up seeming that way, maybe because I'm making the decisions, but it's not because I wanted it to feel like another thing I did."

And even

when he tries to get away from his previous



Director Wes Anderson adjusting his characters on the set of *Fantastic Mr. Fox*, an adaptation of the Roald Dahl classic children's book.



work, like with his last film, *The Darjeeling*

Limited, he can't escape the Wes Anderson-ness of his work.

"A lot of people said, 'I can see this is a lot like your other movies,'" he remembers. "And I felt like, but we've gone to India. We're on a train. It's totally different."

True to form, Anderson's latest, a stop-motion animation adaptation of Roald Dahl's classic *The Fantastic Mr. Fox*, has that certain something that makes it indisputably a Wes Anderson movie, as much as he tried to avoid it.

"My goal was to try to make it as Dahl as possible," the director says.

But his touch is unmistakable — and with good reason, as Anderson felt a

Opening date

- The *Fantastic Mr. Fox* opens in movie theatres on Wednesday, Nov. 25.

deep, personal connection to the story.

"This was the first book that I legally owned in our household," he says. "I still have it, and it still has a little plate in it with my name from the school book fair."

And in a more thematic sense, the titular Mr. Fox (voiced by George Clooney) fits in well with Anderson's stable of rascal father figures, from Gene Hackman in *The Royal Tenenbaums* to Bill Murray in *The Life Aquatic with Steve Zissou*.

"I'm drawn to characters like that," Anderson says. "As a kid, I really liked the character of Mr. Fox because it wasn't just that he rescued his family, but that he got them into trouble in the first place. Something about that, I feel like I responded to."

Adapting the story for the screen was the easy part. What Anderson found difficult was adapting his own filmmaking style to the world of animation. "I wanted to shoot it the same way I would a live action movie, which, in the end becomes ... extremely challenging."

the twilight saga
new moon

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Fawcett trust omits O'Neal

Farrah Fawcett's last living trust omitted long-term partner Ryan O'Neal. The actress — who lost her battle with cancer in June aged 62 — reportedly left \$4.5 million to son Redmond O'Neal and \$100,000 to ex-boyfriend Greg Lott. FEMALEFIRST.CO.UK



It's the music that matters: Mayer

Singer wants focus on new album, not tabloids

If you're engrossed in the tabloid Internet-gossip that has come to define the celebrity world, then John Mayer's latest CD, *Battle Studies*, could provide enough fodder to fill at least a dozen Perez Hilton blog posts or at least one story in Us Weekly.

The CD's first single, "Heartbreak Warfare," already has some speculating on its subject with lyrics like: "If you want more love, why don't you say so?... Bombs are falling everywhere, heartbreak warfare."

Hmm... could that be a message to a certain famous "friend" who he's been linked with on and off for the last two years? A look into the much-dissected love life of one of music's hottest hunks?

Mention this to Mayer himself, and you'll get a serious eye-roll, followed up with an "Are you kidding me?" look.

"I know some people think that, but it doesn't," a slightly exasperated Mayer says during a break in rehearsals for two upcoming concerts to promote his new CD (his concert airs on Fuse on Tuesday night, the same day as the album's release).

"That would mean that my personal life is more powerful than the music itself, and it's just not. No one's personal life is more powerful than music itself, and it's just not."

"By the way, I'm not the first person to process a per-

**John Mayer's
new album
Battle Studies
comes out on
Tuesday**

sonal life into putting out a record," he adds. "I think if there's any intrigue — obviously it would be silly of me to ask somebody not to be intrigued — but I think when the music starts playing, you're not thinking about my life, you're thinking about yours."

Mayer has rarely shied away from attention. He provides must-read updates to his more than 2.6 million followers on Twitter, engaged in a high-profile romance with Jennifer Aniston (which followed the high-profile romance with Jessica Simpson, which followed a romance with yet another startlet), has written for blogs and magazines and is known as one of the wittiest, media-savvy entertainers around.

But he is weary of those who would rather put the focus on John Mayer, the celebrity, and not John Mayer, the critically acclaimed, multi-platinum singer-songwriter-guitarist once heralded by Rolling Stone as one of rock's new "guitar gods."

"I've never liked the idea of somebody co-opting who I am, and I don't think anybody does," says Mayer.

Battle Studies — his fourth studio album — is what he describes as perhaps his most lyrically complex, and yet at the same time, his most straightforward. Now a veteran musician and producer, he has more confidence and experience when making a record: "I don't see it as a series of winning bets. I see it as something I do for a living."

Journalists detained in court

LEGAL A court officer briefly detained a group of journalists inside a Las Vegas courtroom Monday following a hearing involving Michael Jackson's former personal physician.

Reporters, videographers and producers from The Associated Press and several other media outlets were stopped from leaving the courtroom for several minutes while Dr. Conrad Murray and his attorneys left the Clark County Family Court building.

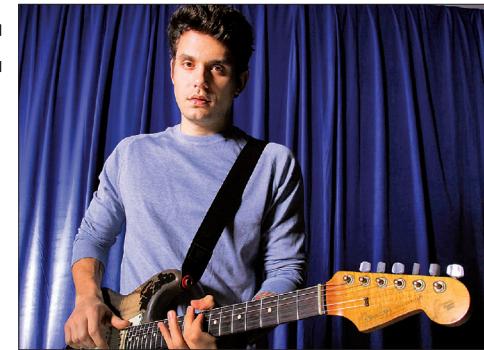
Senior Clark County District Judge Gerald Hardcastle had left the bench when



an armed, uniformed court marshal, Dennis Curran, politely declined several requests by journalists to let them leave.

Curran said he was following orders. His supervisor, Sgt. Steve Rushfield, did not immediately respond to messages seeking comment. Clark County courts spokesman Michael Sommermeyer was among the people prevented from leaving.

THE ASSOCIATED PRESS



CARLO ALLEGRI/THE ASSOCIATED PRESS

Musical impact

- It's been nearly a decade since John Mayer burst onto the music scene as the boyish-looking, uncommonly gifted musician on *Room for Squares*, with hits like "Your Body Is a Wonderland." Over the years, John Mayer has worked with everyone from B.B. King to Buddy Guy, won seven Grammys and created signature hits like "Daughters" and "Gravity." He's also been billed the "next James Taylor." THE ASSOCIATED PRESS

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Cineplex Entertainment and E1 Entertainment Canada are reporting advance ticket sales for The Twilight Saga: New Moon have reached \$1.5 million dollars, breaking previous records. The film opens in theatres on Friday. METRO NEWS SERVICES

Twilight advanced ticket sales breaking records

Twilight duo laugh off tabloid tales

Stars discuss the adjustment to spotlight, their co-star bulking up and their relationship

Movie feature

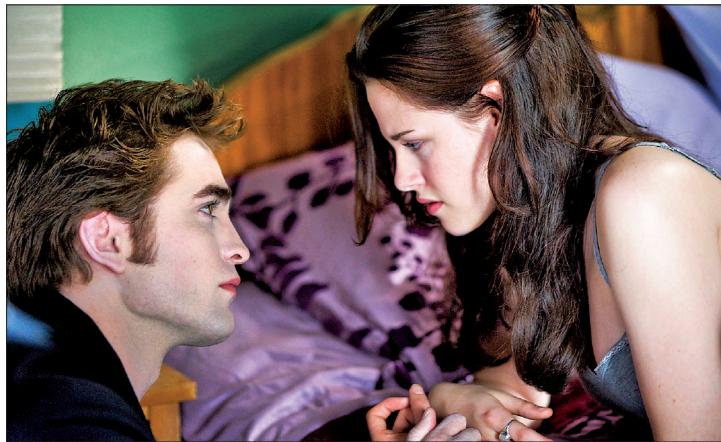
NED EHRLBAR
for Metro Canada

With their characters entangled in such a deep, passionate love affair, it's only natural that fans would project the same emotions onto Twilight stars Kristen Stewart and Robert Pattinson, and no one understands that better than the actors themselves.

"I completely understand why they want us to be together and all of that," says Stewart, referencing the endless tabloid stories about their supposed real-life romance. "I just have to not think about it."

For Pattinson, it's much easier to keep from blurring the lines between work and real life. "You've always got to remember that you're being paid," he says.

As successful as the book series was, the intense



Robert Pattinson and Kristen Stewart, stars of the Twilight series, how they laugh at the tabloid magazines that write about them.

amount of fame and public scrutiny that came after the release of Twilight — and hasn't let up since — caught Stewart and Pattinson more than a little off-guard.

But even though he's been in the tabloids on a weekly basis, Pattinson

hasn't really registered the change in his public profile.

"I've been on set since Jan. 14. I've only had, like, three days off," he says. "I still don't know how my life as really changed. I still feel pretty much exactly the same."

But Pattinson admits some of the more outrageous coverage of him has made its way onto his radar. "Some magazine had on the cover that I was pregnant," he remembers with a laugh. "But without a hint of irony or anything, I didn't really know what

On the web

- Watch a dramatic New Moon clip in which Edward swoops in to rescue Bella from the Volturi at metronews.ca

to make of that. I don't even know if that qualifies as libelous because they can say, 'Well it's obviously fiction.'

For Stewart, ignoring such stories was never a problem.

"The whole tabloid stuff is so obviously false to me, even before I became a part of it," she says. "It's like a ridiculous show, a soap opera. It doesn't bother me. I don't take it personally."

Or course, along with the more outrageous stories come more outrageous reactions from their diehard fans — some of whom don't fit neatly into the expected age brackets, Pattinson has found.

"There's a woman who came up to me the other day, who must've been in her 90s," he says. "It's very unusual. And the older fans say exactly the same things as 12-year-old girls."

For Stewart and Pattinson, the biggest changes in dynamic for New Moon was the development of Jacob, played by Taylor Lautner, who grows into quite the eye-catching corner of the series' central love triangle. And while Lautner underwent plenty of scrutiny himself as he proved he could bulk up for the role, his co-stars were never worried. "I always knew Taylor could do that," Stewart insists.

"Even seeing him walk around on set was a different experience. He's become a different person. He's just grown up."

"I didn't see Taylor until just a little bit before we started shooting," Pattinson remembers of his co-star's transformation. "So when he came back, I had the same reaction as everyone else, like, 'Jesus. Now I have to go to the gym.'"



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Dunst opens up

In the new issue of Allure, Kristen Dunst reminisces about her relationship with ex-boyfriend Jake Gyllenhaal. [POPEATER.COM](#)



Obnoxious pop-ups

Are promos getting in the way of your favourite TV shows?

Somewhere in the universe of TV viewers, there's got to be a person who actually likes those pop-up, on-screen promotions.

Someone who thinks, "Thank you, network people, for those useful, informative announcements that block what I'm watching to tell me what I'm watching, or tell me what I could be watching next, which will then be blocked by reminders of what I could be watching after that."

This is a happy viewer all right, and maybe he or she exists in some den or family room absorbing those intrusive promos that, for everybody else, undermine what TV networks are ideally in business to do: entertain, not tick off.

TV exists above all as a medium of escape. But how do you escape into a TV show when it's plastered with scene-stealing hype?

At least one website, [stoptvpopups.com](#), serves

as a sounding board and support group for an outspoken few.

But almost any viewer can cite annoying instances where a pop-up ad has upstaged a show's dramatic climax or obscured vital on-screen information.

Viewers hate the detective hero of Monk rising from the bottom left screen for eight or nine seconds of vamping, followed by a ghostly but distracting text line that looms for several long minutes to accommodate even the slowest readers: "Monk All New Tonight 9/8c."

The USA network's motto is "Characters Welcome." Well, that Monk message adds

up to 21 characters, none of them welcome.

And what about TBS, where Freakin' Sweet is an on-screen message plugging Family Guy episodes available on that network's website: "Very Funny" is TBS' motto. Nothing funny about those coverups for its comedies.

Viewers don't forget. Viewers still cite the giant fireball, complete with a whooshing inferno sound, erupting on the screen to promote FX's firefighter drama *Rescue Me*. It makes them mad to even think about it.

That promo hasn't aired in two years, says FX spokesman John

A classic scene from *The Simpsons* shows Marge using a vacuum to suck up a promo logo on TV.

Solberg. Since then, the network has moved toward making "our air look cleaner, more theatrical," generally opting for a single line of promotional text that appears on-screen for about 10 seconds.

So maybe all is not lost to the pop-up-razzi.

But across the networks, the pop-up ad is alive and well and inescapable, undermining THIS show to shill for some OTHER show, which, when that show airs, will likely be defaced with promos for yet ANOTHER. And on it goes.

Even cartoon viewers like Marge Simpson get tired.

In a classic scene from *The Simpsons*, Marge realizes the TV screen that frames her is cluttered with visual promos. She takes a hand vacuum and sucks up the American Idol logo. When a squad of football players plugging "Football on Fox" swarms across the bottom of the screen, she sprays them with insecticide. **THE ASSOCIATED PRESS**



In brief

EXTORTION German prosecutors say the 26-year-old man who tried to extort \$100,000 from former supermodel Cindy Crawford has turned himself in to police. Prosecutors in the southwestern city of Stuttgart said Tuesday that Edis Kayalar walked into a police station late Monday. He has been charged with one count of extortion in the U.S. If convicted, he could face up to two years in prison. Kayalar allegedly threatened to release a photo of Crawford's daughter bound to a chair and gagged when she was seven.

BAIL Swiss officials say a court will decide in two or three weeks whether to release film director Roman Polanski on bail pending a decision on his extradition to the United States. Masicia Gregori Al-Barafi, a spokeswoman for the Swiss Criminal Court, said Tuesday that an announcement will be made after the ruling. **THE ASSOCIATED PRESS**

Kenya's Style

Kenya Hunt

Exclusively at
[metronews.ca/globalstyle](#)

For complete online movie listings, trailers, reviews and tickets, visit:
[metronews.ca/movies](#)

Tablet variety

DT	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
11/8/09	265	353	2	TVO	The Secret Life of Primates	The Agenda With Steve Paikin	Whitechapel (N)	Human Edge "Helvetica"	Agenda-Paikin			
	211	331	3	GTV	ET Canada	Entertainment	Bones (HDTV PA) (N)	Glee "Ballad" (HDTV) (N)	Melrose Place (N)	News Final		
-	-	352	SCR	Virginia (SC)	L'Epicerie	Le Moment de vérité (SC)	Hauts	Le Téléjournal Nouvelles. (SC)	La Zone (SC)			
209	342	6	CHRO	Degrassi:TNG	TMZ (N)	So You Think You Can Dance	Next Top Model	Ghost Whisperer	Comedy Now			
196	311	7	CTV	etalk	Hollywood	Next Top Model	Criminal Minds (N)	CSI: NY "Cuckoo's Nest"	CTV News			
208	303	8	CBC	Wheel-Fortune	Jeopardy! (N)	Dragons' Den (HDTV) (N)	The Tudors (N) (DVS)	CBC News: The National	The Hour			
-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	Mercy (HDTV) (N)	Law & Order: SVU	The Len Show (N)	News			
117	713	10	TVA	Poule-eufs or Occupation	Destinées "Déni" (N) (SC)	Fraction de seconde (N)	TVA nouvelles (10:45) Denis Lévesque					
-	-	11	OS	Merlin Le tournoi annuel. (SC)	Distraction (N) (SC)	Lie to Me: Crimes and Men	Wipe Out	L'Attaque à 5 (N)	Villages	Passions		
137	763	12	TFO	Panorama	L'Affaire Farewell Une star.	Le Cercle (2000) Nargess Mamezadeh,						
-	362	13	CBS	The Inside (N)	Judge-Brown	Old Christine (N) Gary Unmarr	Criminal Minds (N)	CSI: NY "Cuckoo's Nest"	Two/Half Men			
216	395	14	OMN2	Family Guy	The Office	Omni News: S. Asian Edition	Omni News: Cantonese Edition	Two/Half Men	King	Over the Bolts		
214	344	15	CITY	Law & Order: SVU	Seinfeld	So You Think You Can Dance	Modern Family	Cougar Town	The Jay Leno Show (N)	News		
115	343	16	CFMT	Two/Half Men	The Simpsons	Omni News: Italian Edition (N)	Vivere V	The Simpsons	King of the Hill	Metropia		
218	345	18	CHCH	Election *** (1999, Comedy) Matthew Broderick.		Descendant (2003, Suspense) Jeremy London, Katherine Heigl.				News at 11 (N)		
-	361	18	A&E	Action News	Entertainment	Modern Family	The Middle (N)	Modern Family	Cougar Town	In the Spotlight With	News	
512	396	24	CPAC	La Période de questions (SC)	Heure polit.	L'Heure politique				Revue	Période-quest.	
651	355	25	CTS	Little House on the Prairie	Dr. Quinn, Medicine Woman	100 Huntley Street				Life Today	This Is Day	John Hagee
-	365	36	FOX	TMZ (N)	Seinfeld	So You Think You Can Dance	Glee "Ballad" (HDTV) (N)	FOX 2 News (N)				
-	-	64	PBS	Business Rpt.	Whiz Quiz	WPBS Live!	Lost Cave Temples	Secrets of Shangri-La	Charlie Rose			
205	312	104	CTV	etalk	Hollywood	Next Top Model	Criminal Minds (N)	CSI: NY "Cuckoo's Nest"	CTV News			
502	390	26	NW	Connect Today's biggest stories. (N)			CBC News: The National	Planet Earth				
500	500	33	CNN	CNN Tonight		Campbell Brown (N)	Larry King Live (N)	Anderson Cooper 360 (HDTV)				
406	417	27	Hockey	Subway Super Series: Russ vs. QMJHL From Shawinigan, Que. (Live)								
126	730	28	RDI	24 Heures en 60 minutes	Artisans du changement (SC)	Le Téléjournal (SC)						
400	280	30	TSN	That's Hockey! 30 for 30 (HDTV)		NHL Pregame	NHL Hockey Colorado Avalanche at Edmonton Oilers. (HDTV) (Live)	RDI économie	Le National	Le Téléjournal		
410	403	52	SCR	FullTiltPoker.net Million	Court Surfing		NBA Basketball Toronto Raptors at Utah Jazz. (Live)					
411	457	56	OLN	Ghost Hunters International	Bounty Hunter	Bounty Hunter	Survivorman	Ghost Hunters International	Bounty Hunter			
417	406	58	TEL	Pimp My Ride	NASCAR Hub	Amer. Thunder	Punks Outtakes	Pass Time	Wrecked	Wrecked	Pimp My Ride	
554	544	48	TEL	Scooby-Doo	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken	
557	540	51	FAM	Sonny Chance	Zack & Cody	Oversuled!	Han. Montana Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven	
551	542	65	YT	Drake & Josh	Malcolm-Mid.	Hates Chris	8 Simple Rules What I Like	Family Biz	Prank Patrol	Adrenaline Pro		
570	580	29	MM	The Daily Fix		Ranked!	Gene Simmons Gene Simmons	Entourage	Wild 'n Out	mmtop10.ca		
615	520	31	A&E	Criminal Minds (HDTV)	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Manhunters		
628	584	32	SPKE	Ultimate Fighting Championship 105 (HDTV)				The Ultimate Fighter (N)	UFC 106 Cnt			
521	560	34	TLC	Little Couple	Little Couple	Cake Boss	Cake Boss	Say Yes-Dress	Flowers Uncut	Flowers Uncut	Cake Boss	
145	761	35	TV5	Devoir d'enquête		Un Coeur simple (2008) Sandrine Bonnaire.						
161	521	39	SC	SC The Outer Limits	The Guard (HDTV)	Cra\$h & Burn						
620	523	40	BVO	The Achievers	Bravo!Videos Arts & Minds	O'Reagan File	Wingfield	Star Portraits	White Collar			
520	505	42	DIS	Daily Planet (N)	Pitchmen (N)		Mega Builders (N)	Mayday (N)				
575	583	43	CMT	Funniest Home Videos	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.			
601	562	45	SLC	Rich Bride Poor Bride	Nearly Dead	Newlywed	Newlywed	In Laws	In Laws	ET Canada		
625	548	46	COM	Air Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	Michael	RENO 911! (N)	Daily Show	
294	529	47	TBS	Family Guy	Family Guy	Law & Order: SVU	The Office	The Office	Bewitched ** (2005, Romance-Comedy)			
600	564	49	H&G	House Hunters	Property Virgin	Unsellable	Intervention	Property Virgin	House Hunters	Holmes-Homes		
627	528	50	SPC	Stargate Atlantis (DVS)	Star Trek: Voyager		Torchwood					
581	566	51	MTV	The Hills	After	Disaster Date	Peak Season	The Hills	The City			
618	524	54	TROP	King	King	The Outer Limits	ET Canada	What Happen?	Family Guy	King		
522	506	55	HIS	History's Secrets (HDTV)	Life After People		Ice Road Truckers					
129	773	60	CD	Biographies	Voyage d'enfer "Ouganda"		Des Extr	Chasse				
261	394	61	V	Murder, She Wrote	Keeping Up	Foot in Grave	Jeeves and Wooster					
602	567	62	W	Old Christine	Friends	Grocery Bag	Grocery Bag	Yoursself Sexy	Chef Worth	Kitchen	Supersize-Skin	
269	350	70	APTN	Investigates	From Bella Coola to Berlin	Wings-Canada	Canadian Geographic					
621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)	The View (HDTV) (N)					
603	561	95	FN	Ricardo	Fresh-Anna	Challenge (N)	Iron Chef America					

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critics' corner

Glee

Will (Matthew Morrison) has the glee club members split up into pairs to sing their favorite ballads, but he winds up in a sticky situation when he is forced to step in for a sick student. Finn (Cory Monteith) has dinner with Quinn's parents (guest stars Gregg Henry and Charlotte Ross). Lea Michele, Chris Colfer and Jane Lynch also star in the new episode "Ballad." 9 PM on 3 GTV

Cra\$h & Burn

And you thought insurance was dull. In this new series, Luke Kirby ("Slings and Arrows") plays Jimmy Burn, an ambitious insurance adjuster in Hamilton, who spends his days going after those trying to scam the system, from small-time con artists to members of organized crime. Leela Savasta ("Battlestar Galactica"), Caroline Cave ("The L Word"), Clark Johnson ("Homicide: Life on the Street") and Steve Bacic ("The Guard") also star. 5 PM on 39 SHO





Victoria Secret model becomes first-time mom
Victoria's newest secret: Model Adriana Lima and her NBA star husband have welcomed a baby girl to their family. Lima and Marko Jaric became first-time parents on Sunday in New York City. **PEOPLE.COM**

30 entertainment

Celebrity Buzz

Celebrity tweets

Spencer Pratt goes after Al Roker after their interview is cancelled, Jonathan Ross has trouble with technology and Neil Patrick Harris finally joins Twitter.

• @spencerrpratt @alroker is it true you have been married 6 times? I'm sure all your wives left you when they realized you were abusive to women! Sick!

• @wossy Wife bought me waterproof ipod to swim with. Looks exactly like my old, non-waterproof ipod shuffle. Guess which one I just took swimming?

• @ActuallyNPH My first tweet, peeps. I apologize in advance for my slow learning curve. Nice to (sort of) meet you. It's amazing how quickly 140 charac

METRO
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No full monty for baby daddy

NOT REALLY DISAPPOINTING

While his almost-mother-in-law Sarah Palin hits the publicity trail this week for her autobiography *Going Rogue*, Levi Johnston will not be getting the exposure that originally had been promised, people.com reports.

Contrary to earlier teases that the 19-year-old would leave nothing to the imagination in his Playgirl photo shoot, "He did not give 'full frontal' as his manager Tank (Jones) re-

ported he would," Daniel Nardicio, a spokesman for Playgirl, tells New York's Daily News.

The pictorial spread was shot last week.

NBC News reports that publica-

tion, originally set for December, has been pushed up to this coming Saturday, Nov. 21.

Still, said Nardicio, "We're thrilled with the photos we got, and are confident people will love them, but although there may be glimpses, we did not get full on frontal nudity."

For the record, Palin told Oprah Winfrey Monday that she considers Playgirl

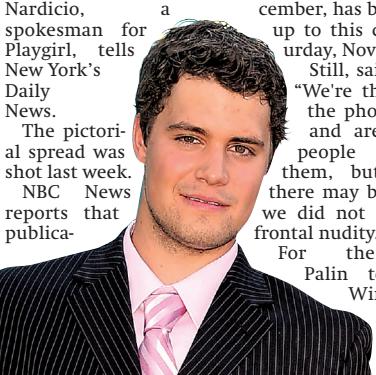
to be "porn."

She added, "It's kind of heartbreaking to see the road he is on right now."

As for the former Alaska's governor reach-out to Johnston with an invitation to Thanksgiving dinner at her house, the teen reportedly told Playgirl that this was "a nice gesture, but she didn't mean it."

The nude model also said having dinner with the Palins would be "awkward."

METRO NEWS SERVICES



Richie staying mum

WHAT'S THAT YOU DIDN'T SAY?

Nicole Richie may have inadvertently let out more than she wanted about her relationship with Joel Madden during a hearing in Los Angeles Monday.

While testifying against paparazzi Richie claims "stalk and harass" her, Richie's lawyer, Mark Geragos, referred to Madden as Richie's "husband" — and she didn't correct him, according to People magazine.

METRO
WORLD
NEWS



Stars going gaga over new video phone

GET DOWN ON IT Trust us: Beyoncé and Lady Gaga will make you wish you owned a video phone, people.com reports. The longtime pop-tune heavyweight and the latest hot thing on a microphone have joined musical

forces for the frenetically-paced Video Phone, which premiered on MTV and VH1 at

midnight yesterday.

The gun-wielding pair

take on paps, voyeurs and camera-headed guys in suits (no, really) as they make apparent nods to *Betty Page* and the wartime flag of Japan.

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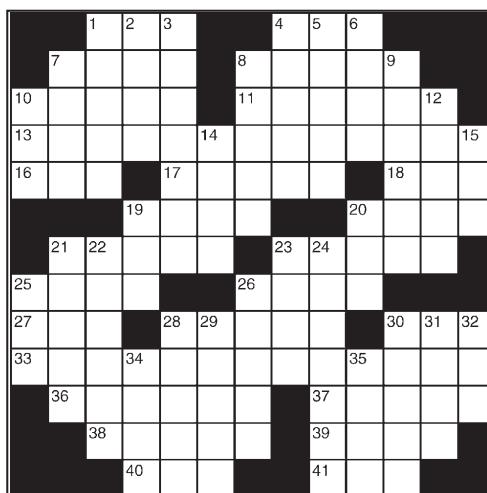
Thursday
Partly cloudy
7° / 4°

Friday
Rain
9° / 3°
90%

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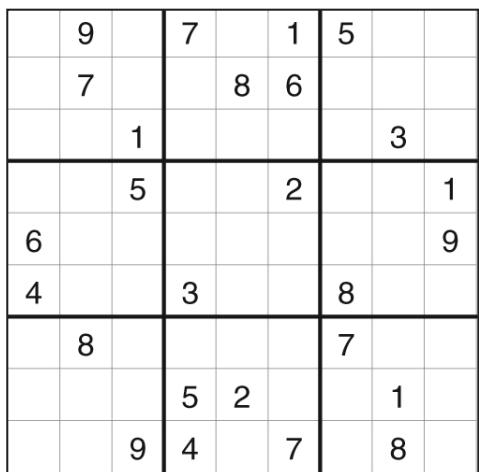
For more delicious Metro recipes, visit: metronews.ca/food



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



ACROSS

- 1 Space in between
- 4 Recipe measure
- 7 Former larva
- 8 Esteem
- 10 Artist's support
- 11 Greyhound alternative
- 13 Miscellany
- 16 Street address?
- 17 Saint-Saëns' "— Macabre"
- 18 "— Got a Secret"
- 19 Gossip
- 20 Platoon, for example
- 21 Set (down) suddenly
- 23 Made on a loom
- 25 Hedgepodge
- 26 Picks up the check
- 27 Bleachers occupant
- 28 Tale tellers
- 30 — constrictor
- 33 Irregular impulsive moves

DOWN

- 36 Sawbuck
- 37 Gear up
- 38 Money
- 39 Baseball scores
- 40 Obtain
- 41 Perched
- 22 Doorframe top
- 23 "Star —"
- 24 Seafood appetizers
- 25 Vacanting
- 26 Chaplain
- 28 Jousting need
- 29 Not moving
- 30 Principal force
- 31 Elevator name
- 32 Cleo's slayer
- 34 Like a bug in a rug
- 35 Blue hue

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

OLDS	BET	IBID
ROOT	AAH	NODE
TUNA	CREATION	
STATION	GULLY	
URN	FRI	
BRISK	ORATION	
OER	TWO	NIN
OVATION	UNCLE	
INN	USE	
EMITS	ELATION	
VACATION	HOME	
EDEN	DNA	EWER
REDS	SSR	RAND

5	8	3	4	7	9	2	1	6
1	6	9	3	8	2	4	7	5
2	4	7	1	6	5	9	3	8
9	7	1	2	3	8	6	5	4
8	2	5	6	4	7	3	9	1
6	3	4	5	9	1	8	2	7
3	1	2	8	5	4	7	6	9
4	9	6	7	1	3	5	8	2
7	5	8	9	2	6	1	4	3

On the web



For more games and 60 additional daily cartoon strips, visit metronews.ca

Horoscopes by Sally Brompton sallybrompton.com

ARIES

MARCH 21-APRIL 20



You don't have to be dishonest but you do have to keep information that might be useful to those who envy your success.

LIBRA

SEPT 23-OCT 23



Take the time and make the effort to set the record straight and point out to your critics where your remarks have been misquoted.

TAURUS

APRIL 21-MAY 21



You are about to make a hugely important decision, one that could transform your life. No wonder you look worried. Change is good for you.

SCORPIO

OCT 24-NOV 22



What happens over the next two or three days will bring to light all manner of hidden things, but you've got nothing to hide – well, nothing too bad.

GEMINI

MAY 22-JUNE 21



There seems to be some tension in the air at the moment and it is unlikely to pass until the Sun changes signs on the 22nd.

SAGITTARIUS

NOV 23-DEC 21



Don't be surprised if you find yourself hesitating for no apparent reason today. But your sixth sense tells you it might be wise to hang back. For now.

CANCER

JUNE 22-JULY 22



You may like to think you are a logical person but you do in fact rely on the emotional side of your nature a lot. Don't think – feel.

CAPRICORN

DEC 22-JAN 20



The timing of meetings and social activities may have to be changed at the last moment today, but the changes will work in your favor.

LEO

JULY 23-AUG 23



You may think you can do as you please and get away with it, and maybe you can, in the short-term, but over time everything evens itself out.

AQUARIUS

JAN 21-FEB 18



What you gain when the Sun changes signs on the 22nd will make up for anything you may have lost in recent weeks, so keep your spirits up.

VIRGO

AUG 24-SEPT 22



The choices you make over the next few days will have a huge impact on the direction your life takes over the next few months, so make them wisely.

PISCES

FEB 19-MARCH 20



A relationship can and must be revitalized but it won't happen until you stop looking back at what happened in the past.

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Take Five

Metro Recipe of the Day



Smoked Trout and Watercress Open Sandwich

Mix chopped watercress, mayonnaise, and lemon juice together.

3. Spread watercress mixture evenly over one side of each slice of rye bread, then top with flakes of smoked trout. Carefully peel shells off eggs, then cut each in half and arrange two egg halves on top of each open sandwich. Season with ground black pepper and garnish with reserved sprigs of watercress.

SERVES 4

rd.ca



For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

